



Caregiver Support Line (CSL)

Monthly Education Calls

July-September 2024

Caring for yourself is the best thing you can do for those who depend on you. The CSL offers monthly educational calls on topics for caregivers. These calls are offered four times per month, so you can listen in the comfort of your own home.

July: Roles in Relationships (Dual Caregivers: Surviving and Conquering the Challenges)

Tues 7/09/24 - 10 a.m. Eastern (9 a.m. Central, 8 a.m. Mountain, 7 a.m. Pacific, 6 a.m. Alaska, 4 a.m. Hawaii)

Wed 7/17/24 - 7 p.m. Eastern (6 p.m. Central, 5 p.m. Mountain, 4 p.m. Pacific, 3 p.m. Alaska, 1 p.m. Hawaii)

Wed 7/24/24 - 3 p.m. Eastern (2 p.m. Central, 1 p.m. Mountain, 12 p.m. Pacific, 11 a.m. Alaska, 9 a.m. Hawaii)

*Tues 7/30/24 - 1 p.m. Eastern (12 p.m. Central, 11 a.m. Mountain, 10 a.m. Pacific, 9 a.m. Alaska, 7 a.m. Hawaii)

**Presented in Spanish*

August: Setting Boundaries (Defining What is Best for You, the Caregiver)

Tues 8/06/24 - 10 a.m. Eastern (9 a.m. Central, 8 a.m. Mountain, 7 a.m. Pacific, 6 a.m. Alaska, 4 a.m. Hawaii)

Wed 8/14/24 - 7 p.m. Eastern (6 p.m. Central, 5 p.m. Mountain, 4 p.m. Pacific, 3 p.m. Alaska, 1 p.m. Hawaii)

Wed 8/21/24 - 3 p.m. Eastern (2 p.m. Central, 1 p.m. Mountain, 12 p.m. Pacific, 11 a.m. Alaska, 9 a.m. Hawaii)

*Tues 8/27/24 - 1 p.m. Eastern (12 p.m. Central, 11 a.m. Mountain, 10 a.m. Pacific, 9 a.m. Alaska, 7 a.m. Hawaii)

**Presented in Spanish*

September: Identify as a Caregiver (Good Grief: Finding Hope in the Necessary Losses of Being a Caregiver)

Tues 9/03/24 - 10 a.m. Eastern (9 a.m. Central, 8 a.m. Mountain, 7 a.m. Pacific, 6 a.m. Alaska, 4 a.m. Hawaii)

Wed 9/11/24 - 7 p.m. Eastern (6 p.m. Central, 5 p.m. Mountain, 4 p.m. Pacific, 3 p.m. Alaska, 1 p.m. Hawaii)

Wed 9/18/24 - 3 p.m. Eastern (2 p.m. Central, 1 p.m. Mountain, 12 p.m. Pacific, 11 a.m. Alaska, 9 a.m. Hawaii)

*Tues 9/24/24 - 1 p.m. Eastern (12 p.m. Central, 11 a.m. Mountain, 10 a.m. Pacific, 9 a.m. Alaska, 7 a.m. Hawaii)

**Presented in Spanish*

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Three ways to join:

- At the scheduled time of the call, please dial: 1-347-566-4838
When prompted, enter the following Conference ID: 521 546 087#
- [Click here](#) to join via MS Teams on your computer, mobile app, or room device
- Join via the CSP website listed below by clicking the link on the CSL Monthly Educational Calls/Podcasts [page](#)

Please note, the first three calls of the month are offered in English. The last call of the month is offered in Spanish.

