

**Communication and coping**  
**Awareness and advocacy**  
**Response and resilience**  
**Emotions and encouragement**  
**Support and solutions**

**WHEN:**  
**Wednesdays at 7:00pm**  
**and**  
**Fridays at 11:00am**

**January 19 and 21**

**Safety planning** - Stay safe: Learn more about environment clearing, safety planning, hospital passport, 911 and COAST.

**January 26 and 28**

**Coping skills** - Learn more about what coping skills are and how they may be helpful for you.

**February 2 and 4**

**Functional communication** - Learn more about receptive understanding and how to promote functional communication with the use of visuals/gestures.

**February 9 and 11**

**Setting boundaries** - Setting boundaries can be difficult, join us to learn more about how to set boundaries and hear others' experiences on effective boundary setting.

**February 16 and 18**

**Delivering effective requests, offering choice and avoiding power struggles** - Learn how to deliver effective requests, how to use reinforcement effectively, how to use first/then boards, and provide choices.

**February 23 and 25**

**Mindfulness** - Join us to learn what mindfulness is and how to be more mindful.

**March 2 and 4**

**How to create a schedule/adding structure** - Learn how to implement a daily schedule to assist with adding structure to your life.

**March 9 and 11**

**Gratitude** - Focusing on the positive things in our lives may be helpful for getting through the days. Join us to learn more.

**March 16 and 18**

**Assertive communication: How to say no** - Why is saying no so difficult? We have some strategies that may help.

**March 23 and 25**

**Peer support and recommendations** - Join us to share your experiences and hear from others.

This virtual support series will focus on skill building, peer support, strategies for building resilience and self care, and tips for supporting our loved ones through day to day life and challenging experiences. You can expect to interact and engage with other caregivers in a welcoming and supportive environment, and have the opportunity to learn about evidence-based strategies and solutions that may be helpful in coping, advocating, and building awareness. You are welcome to register for as many presentations in the series as you like.

## REGISTRATION IS REQUIRED

To register please email: [yglowacki@bethesdaservices.com](mailto:yglowacki@bethesdaservices.com). Please include your name and which presentations you are registering for.