



Caregiving and the Search for Self

What Happened to My Life?

Sustainable self care takes time and consistent practice. It requires a personal commitment on the part of a caregiver as well as a safe and supportive learning environment. For this reason **Caregiving and the Search for Self, What Happened to My Life?** is specifically designed as a five-month course which meets twice a month. This gives you an opportunity to not only learn and explore with others but to practice new techniques and behaviors before returning to share your experience and ideas with the other members of your group and there will be time for reflection, exploration and connection.

The program will use facilitated interactive dialogue, education materials on compassion fatigue, cultivating compassion, as well as physical, emotional and spiritual health. We will use experiential exercises, large and small group discussion, contemplative, introspective and reflective practice, poetry and imagery. Each session will be an opportunity to add new skill and flexibility in caring for yourself while caring for your loved one.

RSVP is required to attend

E-mail swilson2@cityofsacramento.org to reserve a space.

Free respite care is possible with advance arrangements.



As a participant, you will have an opportunity to:

- Identify how you feel and what you need.
- Learn and try out new language and ways to communicate.
- Unravel limiting beliefs that block self-care.
- Learn techniques and practices for relaxation and release of tension.
- Develop trust and respect for yourself.
- Listen to the messages beneath your feelings and use them to inform your decisions.
- Acknowledge ongoing losses and live in hope.
- See humor and laugh.
- Practice acceptance and live more peacefully.
- Share your personal story.
- Cultivate a practice of lasting self compassion
- Learn what to consider and how to make difficult decisions.

Hart Senior Center
915 27th Street
Sacramento, Ca 95816

12:30pm-1:45pm
Wednesdays

January 9th & 23rd
February 13th & 27th
March 13th & 27th
April 10th & 24th
May 8th & May 22nd

Cost: \$20
includes all eight workshops
collected at first session
cash, check or credit card
limited scholarship available
Free Street Parking