

# CARE PARTNER WORKSHOPS

## SUMMER 2024 DETAILS

### **Nature-Based Therapy: A tool for dealing with grief, loss, & self-care**

Monday, May 13 | 10:00-11:30AM  
Instructor: Tessa Keime

Experience the transformative power of Nature-Based Therapy tailored for care partners navigating grief and loss. Intentional engagement with nature can lead to healing, promote self-care practices, and complement other traditional therapeutic approaches. We will learn about mindfulness in nature, eco-therapy techniques, and eco-art therapies as powerful tools for processing emotions and fostering personal growth.

### **Palliative Care: It is not what you think it is!**

Monday, June 17 | 10:00-11:30AM  
Instructor: Pascale de Kerckhove

Palliative Care are words that conjure up certain thoughts and images. Join Pascale de Kerckhove in a workshop to learn about what palliative care is and is not, as well as how this type of care can benefit you and the person you are caring for to optimize quality of life.

### **Partners Who Care: A Chance to Talk and Connect**

Monday, May 27, June 24 | 10:00-11:30AM  
Instructor: Jean Ward

These sessions will revisit the care partner workshop content from the previous week and offer you an opportunity to bring to the group any thoughts or reactions. All care partners are welcome to join regardless of workshop attendance. Come and connect with folks who get what you are going through. Feel free to bring your questions, your ideas, your feelings and your laughter.