



Friday, November 30th - Classes Dedicated to Caregivers

Overview of Mental Health Issues Caregivers Face: 10:00 am - 11:30 am CST

As the primary head of household in most situations, your mental health and wellbeing are integral to the success of the family. The physical and emotional demands placed on a caregiver from all directions greatly increase the risk of poor physical and mental health, which in turn puts the entire family unit at risk. Learn about the demands and stresses of being a family caregiver and how to take care of yourself.

Mental Health Resources for Caregivers: 11:30 am - 1:00 pm CST

Programs like Military OneSource, the VA Caregiver Program, the VA Vet Center, and Give An Hour have providers available to offer mental health services to caregivers of disabled veterans. Learn more about how these programs, and others like them, can provide you with the support you need.

Out of the Box Approaches: 1:00 pm CST - 2:30 pm CST

Today's caregiver is social media savvy, computer literate, and on the go. Look beyond the traditional 50 minutes of therapy in the counselor's office and toward alternative practices...including services that reach into the homes of the family caregiver and provide mental health support services in innovative ways, mobile apps that you can use from anywhere, and more... all designed to help you brainstorm ways to take care of YOU while caring for your hero and family

Caregiver Roundtable: 2:30 pm CST - 4:00 pm CST

Daily stress and fatigue to chronic depression and anxiety, even Secondary PTSD, all of us are affected and need to be mindful of our own wellbeing. How can you find balance and bring peace back into your household? Caregivers walking in your shoes will share their stories of surviving and thriving in this new life.