

Caregiver Café Symposium

Hosted by Robin Ennis, LLC, Caregiver Resource and Information Specialist and DAWN Center for Independent Living.

Join us for a supportive and engaging morning for caregivers of all kinds. Whether you're caring for a loved one, a friend, or supporting someone in your community, this conference offers time to pause, reflect, and focus on your own well-being.

This FREE event begins with a brief overview on the importance of caregiving, followed by interactive breakout sessions that participants will rotate through.

BREAKOUT SESSIONS:

- Mental Health Check-in & Coping Strategies
- Relaxation & Unplugging Techniques
- Self-care & Resource Mapping
- Virtual Dementia Tour (VDT) - a simulation of dementia

Gain practical tools, new perspectives, and leave feeling supported and better equipped in your caregiving journey.

This event is provided in collaboration with Penn Medicine Princeton Health.

SAT. May 9
(9:30 - 12:30 pm)

LOCATION

St. Luke's Hospital
Warren Campus
185 Roseberry St, Phillipsburg

REGISTER

www.tinyurl.com/CaregiverCafeSymposium



COMMUNITY WELLNESS

www.PennMedicine.org/PrincetonEvents
1.888.897.8979