

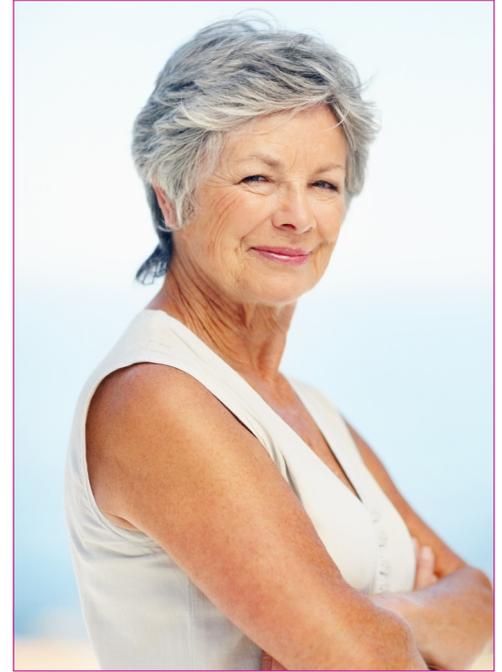


Exploring the Valleys & Mountains of Caregiving (Caregiving Relationships)

Connect with fellow caregivers and share in an informative, non-judgmental and compassionate group discussion about the ups and downs you experience as a caregiver, caring for a loved one.

If you're ready for encouragement, empowerment and some time just for you, please join us to explore your personal boundaries and peaks as a caregiver.

Classes Begin
January 22, 2013 | 6-7:30PM



www.caregiversneedcaretoo.com

Space is limited to 10 caregivers per session

Call for further information for dates and session times.

In these intimate classes, we'll discuss relevant and important caregiver issues and concerns, including:

- What really matters to the caregiver?
- Who's listening to you?
- You have flexibility
- Don't take it personally
- Is it a set up?
- Enhancing decision-making skills

Join fellow Caregivers to listen, learn, share and discuss the challenges and rewards of caregiving. ***Because Caregivers Need Care Too!***

To sign-up contact Angela Mozelle TODAY!
angela@newbeginningstoday.com | 310 673 3349

The discussions start on Tuesday January 22, 6:00 - 7:30 pm. The classes will be held at a private Windsor Hills location to be revealed upon registration.

Call 310 673 3349 for more information

This is a 4 week series: January 22nd and January 29th, with the third and fourth class held February 12th and February 19th.

- Purchase the four week session in one block: \$150 per person
- Individual sessions: \$45 per person
- Bring a friend for a 25% reduction for each person

Sign Up TODAY!

angela@newbeginningstoday.com

For additional information on all of ***New Beginnings*** outstanding caregiver workshops - Contact Angela Mozelle at:
310.673.3349 Angela@NewBeginningsToday.com