



Caregiver Talking Points

Join us for discussions of up to one-hour Caregiver Talking Point webinars that assist family and non-professional caregivers to more easily manage and navigate care.

2025 Caregiver Talking Point Discussions (on WebEx)

Held the 4th Wednesday of each month from 12 Noon to 1:00 PM

Classes are free but require a reservation. A reminder email with the virtual WebEx link is sent before each webinar to help you participate more easily.

Jan 22	Caring for Others
Feb 26	Identifying Abilities (for the caregiver and their care receiver)
Mar 26	Improving Communication
Apr 23	Setting Boundaries
May 28	Building Resilience
Jun 25	Asking for Help
Jul 23	Calming Behaviors
Aug 27	Embracing Technology
Sep 24	Managing Loss
Oct 22	Holding End of Life Discussions

Do you need help
signing up online?

Call Kathy at
385-468-3281

Contact Kathy to sign up:

385-468-3281 or ksnelson@saltlakecounty.gov



Salt Lake County Aging & Adult Services

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