



TLC Services

Your Key to Being a Balanced Caregiver

Learn the necessary self-care tips for staying centered and balanced while caring for a loved one.

Caring for a loved one can be very difficult and time consuming. Many caregivers feel exhausted, sad, worried, overwhelmed, frustrated, guilty and angry which in turn, can be very stressful. Often there's little time or energy to care for oneself. Yet, finding a balance is crucial.

This presentation by a professional who's been there and done that will provide the understanding and ways to help you find that balance. It will also include simple things like learning how to: stop trying to control, prioritizing, changing your expectations, making new patterns in your brain and re-programming your mind by changing your thoughts, and more.

Presented by: Ellen Rainbolt, Licensed Marriage and Family Therapist and Pat Hayes, Licensed Clinical Social Worker

Registration required online at TLC-Services.org

[Click here](#) to register for Monday, Sept. 16, 2019 from 10:00 to 12:00 at Belvedere Library, 325 Belvedere Blvd., The Villages.

OR

[Click here](#) to register for Thursday, Sept. 26, 2019 from 10:00 to 12:00 at Village Veranda, 955 So 27/441, Lady Lake (across from Oakwood Restaurant).

Or, you may call Pat Hayes at (352) 322-0576 or Bonnie at (352) 299-4017

TLC Services (**T**ransition **L**ife **C**onsultants) is a group of retired, volunteer, licensed, background checked and insured mental health professionals and Service Partners of United Way of Lake and Sumter Counties. All professional services of educational presentations, support groups, training and one and one counseling are **free**. A small donation will be requested at each session.

This presentation is sponsored by: Seniors Helping Seniors and Your Key to Senior Living Options.