

## COMPREHENSIVE SERVICES ON AGING (COPSA)

### VIRTUAL CAREGIVER EDUCATION

October 2020

Join COPSA for monthly virtual educational and engaging webinars. Learn with other caregivers, practice existing skills and empower yourself through these learning opportunities.

**Click on the Zoom links below to register for these training by web or phone. Webinar time; 11am – 12pm**

October 7<sup>th</sup> – *“Wellness, Maintain your Well-Being by Looking to Your Strengths”*

<https://rutgers-hipaa.zoom.us/meeting/register/tJcrc-ygrD4rE9xLPRglA8xfDnawjyVxGpug>

October 14<sup>th</sup> – *“Physical Wellness, One Step at a Time”*

<https://rutgers-hipaa.zoom.us/meeting/register/tJ0vdOypqD4vH9Ms5R2EGg8Kg998yUIk25PW>

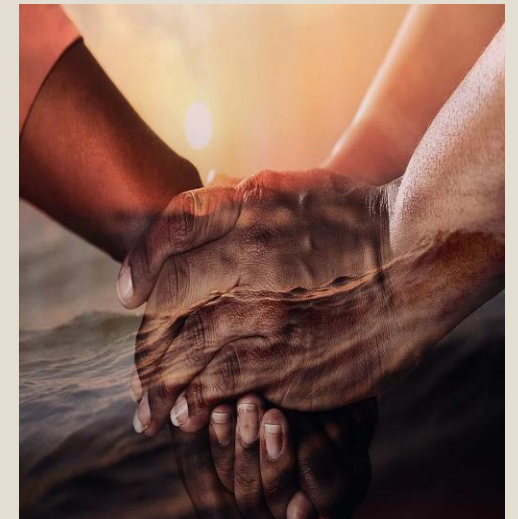
October 28<sup>th</sup> – *“Communicating with Skill and Heart: Caregiver Strategies for Enhancing Communication”*

[https://rutgers-hipaa.zoom.us/meeting/register/tJMrc-GhpzguE9y5\\_pqaUbb2tqDqr7ytqn35](https://rutgers-hipaa.zoom.us/meeting/register/tJMrc-GhpzguE9y5_pqaUbb2tqDqr7ytqn35)

**REGISTER TODAY!**

FOR MORE INFO CONTACT [MLT4@UBHC.RUTGERS.EDU](mailto:MLT4@UBHC.RUTGERS.EDU)

## COPSA Caregiver Community Virtual Education Programs



COPSA INSTITUTE

Rutgers Health  
University Behavioral Health Care

Care2Caregivers  
800-424-2494

[www.copsainstitute.com](http://www.copsainstitute.com)