

CAREGIVING & COPING:

Post Pandemic Living; Moving toward the “New Normal”

In spite of government assurances, many people wonder if it is safe to return to normal activities.

Even people who are convinced that it's safe to re-enter society may feel hesitant and anxious about doing so. Many also realize that “normal” does not mean “just like the old days.” Which new pandemic habits should we keep? How can I judge real risks? This presentation will address how to adjust (and continue to adjust), the importance of acknowledging our feelings, hopes, and expectations, and tips for transitioning back to normal (whatever that may look like).

These sessions are free and open to those who are currently caring for a loved one and for caregivers whose loved one has died. Join us for these live, interactive sessions through either Zoom or your telephone.

FOR MORE INFORMATION:

Contact **Monica Townsend** at mlt4@ubhc.rutgers.edu or call Care2Caregivers at **800.424.2494**

July 29, 2021 | 1:00-2:00 pm

Click here to register:

<https://rutgers.zoom.us/meeting/register/tJArdO2pqDkiHNdG7tsdEhtzmOEIVh2nVBgv>

After registering, you will receive a confirmation email containing information about joining the meeting.