



Cornell University



Caregiver Support Network

Are you providing care for an adult family member, spouse, or friend? If so, you are invited to attend meetings of the Caregiver Support Network, which will gather the 3rd Thursday of each month through the fall semester.

Facilitators

Cindy Glanville MSW, LCSW, Senior Clinician and Workplace Consultant for the Employee Assistance Program & Eileen Whang, Dependent Care Consultant for the Office of Workforce Diversity, Equity, and Life Quality.

Cindy and Eileen will share strategies, tools, and resources for coping with stress, caregiver guilt, and burnout as well as information on local/national resources that may assist you.

Dates

Thursday, September 18, 2008	12:00-1:00 PM	B16 Day Hall
Thursday, October 16, 2008	12:00-1:00 PM	B16 Day Hall
Thursday, November 20, 2008	12:00-1:00 PM	B16 Day Hall
Thursday, December 18, 2008	12:00-1:00 PM	B16 Day Hall

Registrations:

Call/email Michelle Artibee at m1a64@cornell.edu or 255-5298

More Details:

- Faculty, staff, and students are all invited to attend
- These sessions are offered free of charge
- Participants are welcome to bring their lunch

Sponsored by the Office of Workforce Diversity, Equity, and Life Quality
& the Employee Assistance Program at Cornell University