

Understanding Caregiver Stress and Self-Care Strategies

SEPTEMBER 16, 2025 AT 1:30 PM

While taking care of a friend or family member may be a labor of love, it can also be extremely stressful. This presentation will discuss the physical, emotional, and financial stressors that caregivers may face. We will also explore tips and strategies for self-care. Caregivers need to take care of their own wellbeing in order to be able to care for another person.



EVENT LOCATION:

Richton Park Public Library
22310 Latonia Ln., Richton Park



Estate Planning with Warmth & Competence

This event is generously sponsored by
Kerlin Walsh Law.

SPEAKER:

Kandis Draw, CHW
(she/her/ella), Senior
Community
Education Associate
and Research &
Advocacy with The
HAP Foundation.



She provides free, public education for the community about issues pertaining to serious illness, including grief, caregiving, advance care planning and disparate access. She was recently recognized with the 2022 APHA CHW Section Leader Award.



REGISTRATION REQUIRED

**Scan this code or
call the library at
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