

Staying Emotionally Well While Caregiving:

Forgiveness and Caregiving



As we go through life, we all make mistakes and experience things that hurt us. These can cause anger, resentment, sadness, and many other emotions. Caring for someone with memory loss often involves situations that cause us emotional harm or make us feel resentful. We may react to others in ways that hurt them. Some caregivers are providing care to people who have wronged them in the past, creating a complex mix of feelings. Forgiving ourselves and others is often difficult, but can provide a path forward to emotional and spiritual peace. This presentation explores the value of forgiving and the challenges we face getting there. Tips and activities will help participants consider their own lives and take steps to begin to accept, forgive, and move on.

Join us for this interactive session through your computer or phone.

FOR MORE INFORMATION:

Contact Mary Catherine Lundquist at lundqumc@ubhc.rutgers.edu or call Care2Caregivers at 800.424.2494

January 29, 2025 | 1:00-2:00 pm Click [HERE](#) to register.

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