

Maine Rural Relatives as Parents Outreach Project: Fall 2008 Online Caregiver Support Seminars

The University of Maine Center on Aging and its Maine Rural RAPP partners are pleased to present an online seminar series specifically designed for **grandparents raising grandchildren** and other **parenting relatives**.

All e-seminar events are free!

To register for an event please visit: www.mainecenteronaging.org/moodle and create an online account and access the e-seminars you would like to join.

Self-Care for Caregivers

Thursday, November 6th, 11:00am-2:00pm

Dr. Polly Moutevelis-Burgess has been the Director of the Employee Assistance and Wellness Programs at the University of Maine for twenty-five years. She has counseled numerous faculty, staff and their families on various issues, including self care for caregivers. Dr. Moutevelis-Burgess is a *Licensed Clinical Professional Counselor, Licensed Marriage and Family Therapist, Certified Employee Assistance Professional, National Certified Counselor*, and is a trained mediator.



Managing Holiday Stress

Friday December 5th, 9:00am-12:00pm



Having trouble managing all of your responsibilities and the holidays? Feel like there's no time to catch your breath? Join this online e-seminar where facilitator, **Wendy Rapaport**, will talk about how to manage your holiday stress while being a caregiver. Wendy Rapaport is an adjunct professor at the University of Maine School of Social Work and has published many articles and books around the topics of diabetes, self care, and relationships.

Technical Instructions: You will need a computer with internet access and a web browser (Internet Explorer, Firefox, AOL, etc.). No other special equipment is needed to participate! Our system is setup like a message board where you can post questions and responses to other caregivers and to the seminar facilitator (no audio). Our unique system allows you to log in and out of the seminar as you wish during the assigned time period.

For more information or technical assistance please contact Jennifer Crittenden at the UMaine Center on Aging at: (207) 262-7923 or jen@mainecenteronaging.org



Adoptive and Foster Families of Maine

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