

Wellness, Support & Recovery Services



Colonial
Behavioral Health



CAREGIVER LUNCH & LEARN

Tuesday, April 14

11:30am - 1pm

4551 John Tyler Hwy.

Suite 101

Williamsburg, VA 23185

When the System Feels Heavy:

Navigating Caregiver Burnout, System Fatigue, and Decision Paralysis

A conversational session focused on practical tools that help caregivers navigate burnout, system fatigue, and complex care decisions.

Presenter: Paris Little, CEO



To register, call:

 **Peninsula**
Agency on Aging
(757) 345-6277