

Wellness, Support & Recovery Services



Colonial
Behavioral Health



CAREGIVER LUNCH & LEARN

Tuesday, May 12

11:30am - 1pm

4551 John Tyler Hwy.

Suite 101

Williamsburg, VA 23185

Using Validation as an Effective Tool in Mindful Caregiving:

Learn about the Validation Method and how to apply effective techniques throughout your caregiving journey. Explore how our preferred senses can create and build strong connections with your loved one. Identify common obstacles to exercising mindfulness and create daily practices to help reduce stress and anxiety.

Presenter: Kris Wuerdeman,
Memory Care Director



CHARTER SENIOR LIVING
OF WILLIAMSBURG

To register, call:



Peninsula
Agency on Aging

(757) 345-6277