



# CAREGIVER WORKSHOP

**Saturday, June 8, 2019 | 11:00 am - 3:00 pm**

*Join us for this special Caregiver Workshop with Pete Shrock, nationally known grief and crisis responder, focusing on building resilience through caregiving challenges.*

**11:00-12:30 | DISCUSSING GRIEF**

Many think of grief as something that only happens after a loved one's death. However, as a caregiver, you may experience grief for your loved with a diagnosis of dementia while they are still living. It is important to recognize this grief and take steps to manage your stress as a caregiver, and even more importantly, keep yourself healthy!

**1:30-3:00 | JUGGLING ACT OF THE MODERN CAREGIVER**

The modern caregiver is overworked and exhausted: between providing care for family members, upholding social relationships and career commitments, and managing mental and physical health, life can feel like a juggling act. Learn practical steps a caregiver can take to balance these commitments, and tackle stigmas and negative self-talk caregivers sometimes face.

**DETAILS**

This is a free event, and all caregivers and family members are invited to attend.

**Lunch will be provided!**

**LOCATION**

Hollin Hall Senior Center  
1500 Shenandoah Road  
Alexandria, VA 22308

**RSVP**

Register online at:  
[aarp.cvent.com/Caregivers0608](http://aarp.cvent.com/Caregivers0608)  
or call 877-926-8300.

**SPEAKER | PETE SHROCK, WAYFORTH**

Pete Shrock is the Co-Founder & Chief People Officer of WayForth. Pete has been immersed in active crisis support for over 15 years. He trained grief experts responding to 9/11 and the shootings at Sandy Hook and Virginia Tech. He works directly with U.S. special forces Gold Star families; and created programs for grieving children at Comfort Zone Camp, gang violence workers and gang members in Chicago and Los Angeles, New York Life insurance agents processing death claims, and National Fallen Firefighters. Pete cuts through academic language with a direct, hands-on approach to grief and stressful life transitions. When he isn't traveling to support those in distress, he lives in Richmond with his wife and two daughters.



This event is provided in partnership with AARP, Fairfax County, Insight Memory Care Center, George Mason University, and the Virginia Geriatric Education Center.

