

THE BIG ANNOUNCEMENT

(and other shenanigans)

With Mike and Kristin





COMING AUGUST 30TH!

What is The Resilient Caregiver?



Helping Caregivers Build Resiliency
Through Education, Understanding,
Community & Support.

The Way We Support Caregivers:



Reframed Perspective



Transformational Education



Connection To Fellow Caregivers



Also Coming Along With TRC:





www.resilientcaregiver.org



The Resiliency Success Path

CRUCIAL STEPS TO HELP YOU THRIVE AS A CAREGIVER

STEP 01

CHANGE YOUR RESPONSE TO YOU

We have to start treating ourselves differently if we want to achieve resiliency. It's called Self-Compassion. When you fail, respond to yourself as you would a good friend in need.



STEP 02

CHANGE YOUR PERSPECTIVE ON YOUR CHILD

The fact is, your child behaves out of his or her trauma. They are not "behaving badly" to ruin your day. They are

