



# Free Telephone Learning Sessions

## ***PRESENTS THE 30-MINUTE CAREGIVER BREAK***

**Living Guilt Free!**

**Thursday, June 20th  
12:15 pm (Central Time)**

### ***Special guest speaker***

**Evalyn Greb**

**Licensed Clinical Social Worker**



When caring for a loved one or family member, do you sometimes feel guilty even when you are trying so hard to do what is right? This session will focus on the struggle between being your “ideal self” and what is realistic for you to accomplish on a day-to-day basis. You will hear other caregivers in the session talk about their own successful strategies to cope with these feelings.

**E**valyn Greb graduated in 1973 with a Master of Science in Social Work, emphasis in Community Organization, from San Diego State University and is a licensed clinical social worker. Evalyn administered eight case management programs for elderly and disabled persons while working for the County of San Diego, as well as the Long Term Care Integration Project.



**To register please call:  
(866) 390-6491 Toll Free**