

## SUPPORT AND STRENGTH: NAVIGATING CAREGIVING FOR THE DEAF AND HARD OF HEARING

TUESDAY, APRIL 22ND AT 10:30 AM - 12:30 PM.

SOUTH CENTRAL REGIONAL LIBRARY (IN THE LARGE COMMUNITY ROOM) 7300 JEFFERSON BOULEVARD LOUISVILLE, KY 40219

Join us for a dedicated session designed to empower caregivers of children and elderly adults within the deaf and hard-of-hearing community. This training will provide valuable insights and tools to enhance your caregiving journey, with a focus on:

- Mental Health Impacts On Caregivers
- The Resources Available
- Rights & Protection Awareness
- · Coping Strategies for Maintaining Wellbeing

Whether you are a new caregiver or have been in the role for years, this training will offer support, guidance, and a chance to connect with others who share similar experiences. Empower yourself with knowledge and continue positively impacting the lives of those you care for. An interpreter and captioning will be available!

All are welcome! Please RSVP to ensure your spot!





Captioning and ASL will be provided.

Contact Us:
(502)589-8910
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