

Well-Being Video Resources

EXPLORE PROGRAM & eLearning VIDEOS!

Introducing....

Videos for Parents, Family Members, Friends, Care Partners, & Caregivers

Practical, easy-to-use video resources for anyone who supports or cares for someone whether a child or adult. These videos provide strategies, techniques, and information to protect your energy, help you stay balanced and feel more supported in your daily life.

Parent**SELF-CARE**

Grandparent**SELF-CARE**

Senior**SELF-CARE**

Caregiver**LIFE-LINE**

SPEAK UP for Teens!



EXPLORE eLearning VIDEOS!



The ten eLearning video modules expand on the topics introduced in the four adult program videos.

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Share the Care. Spread the Word.
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