

# Taking Care of the Caregiver

June 18, 2025

10:00-11:00am MDT

In this session, caregivers will learn how to recognize signs of fatigue and stress, how to care for themselves, and more.

**\*\*Please note that this session will not be recorded or uploaded to our website.**



## Learning Outcomes:

- How to recognize signs of caregiver fatigue
- Learn how caring for yourself helps your daily life and your relationships
- Learn ways to support your emotional health

## Speakers:

Christina Ferber, Psychologist with Alberta Health Services Pediatric Rehabilitation. She has worked with children and families throughout her career to support their mental health and wellness. Christina enjoys learning and teaching about mindfulness practices for self-care and well-being.

Liz Matthews, Occupational Therapist with Alberta Health Services Pediatric Rehabilitation. She has worked in several countries and Alberta in a variety of settings. She has been working with children and families for 40 years.



Health Professions  
Strategy & Practice



**Target Audience:** This webinar is intended for parents and caregivers of children from birth to 18 years with any or all concerns related to their development, mental health or medical condition.

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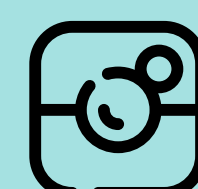
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