

# Caregiving Series: Supporting the People Who Care for Others

Caregivers do so much and they deserve support too.  Every day, adult caregivers show up for parents, partners, friends, and family members, often while juggling work, family, and their own needs. This free, friendly webinar series is here to support *you* with practical tips, real-life strategies, and helpful resources, no judgment, just support.

## Caregiver Series (Free Virtual Webinars)

✦ *All sessions are virtual | 12:00–1:00 p.m. ET*

✦ *Register for one session or all three sessions—whatever works for you! By registering in advance, registrants will receive the recording and supplemental resources.*

 <b>Caring for Loved Ones</b>  <b>Date:</b> February 19, 2026 <b>Focus:</b> Understanding caregiver challenges and exploring available resources.  <b>Scan to register:</b> 	 <b>Owning Your Time as a Caregiver</b>  <b>Date:</b> February 26, 2026 <b>Focus:</b> Time management strategies and setting boundaries while caregiving.  <b>Scan to register:</b> 	 <b>Coping with Caregiving</b>  <b>Date:</b> March 5, 2026 <b>Focus:</b> Preventing burnout and caring for yourself while caring for others.  <b>Scan to register:</b> 
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☀️ **Why This Series Matters - Caregiving can be meaningful *and* exhausting without support systems. This series is designed to:**

-  Recognize and appreciate adult caregivers
-  Share practical, realistic tools you can use right away
-  Connect with supportive resources
-  Encourage balance, resilience, and well-being

✦ **Questions?** Contact: Jan Tortarella ([jan.tortarella@nih.gov](mailto:jan.tortarella@nih.gov))  
*Presented in collaboration with Kaiser Permanente.*