



Are You Caring for Someone You Love?

You don't have to do it alone

Our caregiver programs are free and available to caregivers in Rutland and Bennington

Powerful Tools for Caregivers

An evidence-based class that helps caregivers reduce stress, communicate effectively, and care for themselves while caring for others

Mindful Moments Memory Cafés

A welcoming, social space for people living with memory loss and their caregivers to connect, relax, and enjoy time together

Trialta Online Caregiver Education

Free, easy-to-use online learning with practical tips, videos, and tools you can access anytime, anywhere

**Register today at
vermont-caregivers.com**

Is this support for you?

- Caring for a spouse, parent, family member, or friend
- Supporting someone living with memory loss or chronic illness
- Feeling overwhelmed, isolated, or unsure where to turn
- Looking for guidance, connection, and support

Get Support Today

Call: 1-800-642-5119

 Visit: svcoa.org

 Programs offered throughout our communities

Empowering Vermonters to age with dignity, independence, and quality of life