



CAREGIVER RENEWAL INSTITUTE

Empowering Caregivers. Renewing Hope.

The Caregiver Renewal Institute is an online resource hub designed to educate and empower caregivers while supporting their own personal wellness.



Our classes and resources are available to anyone who is caring for someone with a serious or chronic illness. Classes and resources are usually free, and no insurance is required.

The caregiver renewal institute offers classes and resources about:

- Caregiving for persons with dementia, cancer, cardiopulmonary conditions, and other specific health conditions
- Long distance caregiving
- Caregiving for a military service member or veteran
- Fall Prevention
- Financial and legal resources
- Grief and Loss for adults and youth
- Wellness strategies such as breathing exercises, self-care tools, & restorative yoga
- Preparing for end of life, *and more!*



WE OFFER:

- Virtual classes
- In person classes
- Practical wellness resources for caregivers
- An on-site caregiver library
- An extensive online resource center
- Downloadable guides and tools
- Resources in Spanish

**Empowering
Caregivers.**

**Renewing
Hope.**



**CAREGIVER
RENEWAL INSTITUTE**

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