Building and Maintaining Healthy Relationships
Date: Wednesday, November 16
Time: 12:30pm – 1:30pm
Location: 1599 Clifton Road, Room 1.432
Facilitators: Visions Anew - Margot Swann and Joan Miller, PhD

A key factor in avoiding an unhealthy or abusive partner/spousal relationship is the presence of a strong, trusting, supportive bond. This workshop focuses on traits of healthy relationships and strategies for being proactive in strengthening intimate relationship bonds.

Caring for the Caregiver
Date: Tuesday, December 6
Time: 12:00pm – 1:30pm
Location: 1599 Clifton Road, Room 5C
Facilitator: BrownRichards & Associates

Serving as a caregiver (whether for an elderly parent, a child, or an ill partner/spouse) can be quite taxing physically and psychologically. This workshop will focus on strategies to avoid “caregiver burnout” and resources for caregivers to seek ongoing support/self-care.

Register for workshops*: fsap.emory.edu/workshops, or contact FSAP at 404-727-4328 for more details.

* Workshops are open to all Emory University and Emory Healthcare employees.