



# FALL 2011 WORKSHOPS

## **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](http://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.**



**Faculty Staff Assistance Program**  
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