Care2Caregivers

WEBINAR: November 4, 2026 | 7-8:00pm EST

Navigating the Holidays with Compassion and Connection



Join Dr. Angelica Caroline to explore practical ways to navigate the holidays while caring for someone living with dementia. Learn how to adapt traditions, reduce stress and overstimulation, and create meaningful moments of connection while honoring what feels manageable for everyone.

CLICK HERE TO REGISTER

FOR MORE INFORMATION:

Contact Mary Catherine Lundquist at: lundqumc@ubhc.rutgers.edu
or call Care2Caregivers at: **800.424.2494**

RUTGERS HEALTH | 800.424.2494

Care2Caregivers

WEBINAR: November 17, 2026 | 1:00-2:00pm EST

Remembering Who I Am: Honoring Identity Through the Dementia Journey



Caregiving can change many things—but it does not erase who you are. Sometimes, being a caregiver can become such a large part of life that we lose touch with the person we were before caregiving. At the same time, the person we care for is changing too. Dementia may affect their abilities, independence, communication, roles, and relationships. These changes can be difficult to witness and may leave both people wondering, *"Who am I now?"* and ***"Who are we now?"*** Join us to explore how to honor the past, make room for what is present and be open to what is becoming.

CLICK HERE TO REGISTER

FOR MORE INFORMATION:

Contact Mary Catherine Lundquist at: lundqumc@ubhc.rutgers.edu
or call Care2Caregivers at: **800.424.2494**

RUTGERS HEALTH | 800.424.2494

Care2Caregivers

WEBINAR: December 2, 2026 | 7-8:00pm EST

Giving Yourself Permission *to* Live A Full Life



Join Dr. Angelica Caroline for a conversation about releasing caregiver guilt and making space for *you*. Explore how to reconnect with joy, purpose, relationships, and well-being while continuing to care for someone you love.

CLICK HERE TO REGISTER

FOR MORE INFORMATION:

Contact Mary Catherine Lundquist at: lundqumc@ubhc.rutgers.edu
or call Care2Caregivers at: **800.424.2494**

Care2Caregivers

WEBINAR: December 8, 2026 | 1:00-2:00pm EST

WINTER WELLNESS: *Navigating the Holidays and Beyond*



Winter brings changes in weather, light and activities. Some people experience challenges with isolation and mood, maintaining health routines and managing complex feelings and experiences related to winter holidays. During this session, participants will explore strategies for supporting wellness in many life areas throughout the winter and create a personal wellness plan.

CLICK HERE TO REGISTER

FOR MORE INFORMATION:

Contact Mary Catherine Lundquist at: lundqumc@ubhc.rutgers.edu
or call Care2Caregivers at: 800.424.2494

RUTGERS HEALTH | 800.424.2494