

Archived Recording of SCHC Caregiver Wellness Webinars

January 2021 *Mindful Eating for Caregivers (Theme: New Year, New You)*

<https://www.youtube.com/watch?v=oZGKdwM-ARw&feature=youtu.be>

December 2020

Celebrating Special Occasions <https://youtu.be/QW4nBiu-1FM>

Mindful Eating for Caregivers <https://www.youtube.com/watch?v=460xjHUe9pg&feature=youtu.be>

October 2020 *Cultivating an Attitude of Gratitude in Caregiving* <https://youtu.be/lo1Qg095LKQ>

September 2020 *Memorable and Meaningful Moments in Dementia*

https://www.youtube.com/watch?v=a_95yep7E8c&feature=youtu.be

August 2020 *Getting the Most from your Healthcare Appointment* – NO RECORDING AVAILABLE AS CONTENT IS PROTECTED BY COPYRIGHT

July 2020 *Mindfulness for Family Caregivers* [https://www.youtube.com/watch?v=9i-](https://www.youtube.com/watch?v=9i-FKVK7g_E&feature=youtu.be)

[FKVK7g_E&feature=youtu.be](https://www.youtube.com/watch?v=9i-FKVK7g_E&feature=youtu.be)

June 2020 *Emotional Wellbeing and Caregiver Coping during Covid-19*

<https://www.youtube.com/watch?v=0nV09sGUV28&feature=youtu.be>

May 2020 *Safe and Savvy webinar: Strategies and tools to support a person with dementia to live better at home* <https://www.youtube.com/watch?v=9-haNHQ7GhU>

May 2020 *Re-Approaching Behaviours in Dementia*

<https://www.youtube.com/watch?v=VVEwViuynLU&t=2s>

April 2020 *Caregiver Wellness during Unprecedented Times*

<https://www.youtube.com/watch?v=IOPIXAqnfE>