

# Sustainable Caregiving for Care Partners of People Living with Serious Illness

**Sustainable Caregiving for Care Partners of People Living with Serious Illness** is a **live-online program of eight weekly 90-minute classes**. In each class, you will learn **evidence-based skills** to help make your caregiving sustainable.

Teaching methods include brief lecture periods mixed with experiential exercises. You will also have opportunities to speak with others in structured break-out groups (pairs or triads) as well as in the larger group.

Each class will have its own theme and the opportunity to practice new skills in a safe place, so that they're more available during the days ahead. Themes include:

- Attentional balance and grounding
- Repertoire of stress responses and meeting difficult emotions
- Positive intention setting
- Mindful self-compassion
- Challenging relationships and patients' concerns around "being a burden"
- Re-framing chronic sorrow
- Balance and growth in adversity
- 'What works for me?' -- wellness practice - journals to cultivate a positive mindset

[Meri.ucsf.edu](https://meri.ucsf.edu)



Judy Long is a palliative care chaplain and educator at UCSF with a deep commitment to care for caregivers, both family members and clinicians, based on her experience in hospital and hospice chaplaincy and facilitating grief and family caregiver support groups.

## **Class Schedule:**

Online 8 Week Course

Tuesdays, 2:00 PM - 3:30 PM PDT

**Limited to 23 participants.**



To Register: <https://scsifall2022.eventbrite.com>  
Or email: [gayle.Kojimoto@ucsf.edu](mailto:gayle.Kojimoto@ucsf.edu) or call 415.509.8645

**UCSF** MERI Center  
for Education in  
Palliative Care  
at Mt Zion