

# for Caregivers



## 2024 Well Being Circles

Family caregivers are at risk for stress, or worse, burnout.

You will not find more time in the day, however, there are things you can do to reduce stress and build emotional resilience.

In a **Caregiver Well Being** circle, you will experience 60 minutes of healthy coping strategies and tools that you can apply in every day moments, including:

- Emotional resilience
- Breathing practices
- Healthy movement
- Caregiver affirmations and resources

These strategies can be used while showering, doing dishes, or even while actively caring for a family member or friend. Additionally, you will gain a warm and supportive community.



### Dates

Thursdays

Starting June 13th, 2024 from 5:30pm-6:30pm

Each session is stand-alone so attend when it fits your schedule.

To reserve your spot for these free virtual sessions, send an email to [aaasupport@loudoun.gov](mailto:aaasupport@loudoun.gov) or call 703-777-0259.

The education, tools and skills that will be employed are rooted in evidenced-based science that has shown results in strengthening mental, emotional, and physical health in a supportive community.

LOUDOUN COUNTY AREA AGENCY ON AGING

LOUDOUN COUNTY DEPARTMENT OF PARKS, RECREATION & COMMUNITY SERVICES

If you require a reasonable accommodation for any type of disability or need language assistance to participate, please contact [adaptrec@loudoun.gov](mailto:adaptrec@loudoun.gov), 703-777-0343, TTY-711. At least three business days of advance notice is requested; some accommodations may require more than three days of notice.



Join the Loudoun County Area Agency on Aging for Older Americans and Mental Health Awareness Month for the Evidence -Based MHFA Training Certification for

# Caregivers



## Youth Mental Health First Aid

### Why Youth Mental Health First Aid-MHFA?

MHFA teaches you how to identify, understand and respond to signs of mental health and substance misuse challenges among children and adolescents ages 12-18. By becoming Youth MHFA certified, you will improve the quality of life and learn how to assist and support youth who may be experiencing a mental health or substance misuse challenge or crisis.

### Who Would Benefit from Taking This Training?

Adults who regularly interact with and are connected to youth and their families.

### What it Covers?

- Common signs and symptoms of mental health challenges in this age group including anxiety, depression, eating disorders, and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect youth and caregivers to help.
- Expanded content about trauma, substance misuse, and self-care and the impact of social media and bullying.

**By the Numbers:** **1 in 5 Teens** and young adults live with a mental health condition (National Alliance on Mental Illness). **10.2%** of youth will be diagnosed with a substance use disorder in their lifetime (Youth Mental Health First Aid).



### Dates and Details

May 14th and 15th from 9 am - 1:30 pm

The program is **FREE** but you must attend both days to receive a certificate.

Lunch and refreshments will be served.

Location: 742 Miller Drive SE, Leesburg, VA 20175

**Reserve Your Space Today:** To reserve your spot for this free program or for questions, send an email to [aaasupport@loudoun.gov](mailto:aaasupport@loudoun.gov) or call 703-777-0259.

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Mental Health,  
Substance Abuse and  
Developmental Services



**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

LOUDOUN  
COUNTY  
VIRGINIA