

CAREGIVERS SUPPORT AND WORKSHOPS

This is a list of current and past Caregivers' Workshops to give you a sense of how we use various resources to create opportunities for our caregiver community to connect with one another. If you are interested in learning more and being on our Caregiver Workshop distribution list, please let us know by emailing us at soul@soulryeders.org.

K'S KITCHEN

Are you a caregiver who could use some time to recharge, restore and meet others going through a similar experience? SOUL RYEDERS would like to provide that opportunity as a guest in K's Kitchen. This is a special cooking event where you will make delicious food to enjoy with other caregivers and even bring some home.

K's Kitchen is the creation of a very talented chef, Karen Schulz. In addition to it being a great cooking class where you will learn how to make new recipes, it is also a unique opportunity to connect with others who it is understand the challenges of care-giving.

This workshop is temporarily on hold.

F.A.C.T. WORKSHOP: Facing Advanced Care Together

F.A.C.T. is an educational program presented by Westchester Jewish Community Services in partnership with and made possible through a generous grant from SOUL RYEDERS. The program aims to promote conversations about advanced care planning. It consists of short videos, materials and conversation tools that are used to assist families in improving the experience of illness.

We will discuss understanding and communicating personal values, enhancing communication among family members regarding wishes, medical treatments and interventions, and the use of appropriate legal healthcare documents.

This workshop is being held virtually throughout the year.

HEALING WORKSHOPS

Virtual Therapeutic Healing and Yoga Workshop for Clients and their Caregivers (virtual)

We invite clients and caregivers (including their friends) to come together to an evening of self-care. Licensed Massage Therapist, Linda Thomas from Bon Accord Massage, and Certified Yoga Instructor, Janet Muller will lead you in this healing workshop that integrates yoga, acupressure and reflexology.

In this workshop we will focus on decreasing stress and anxiety, helping to promote deep and sound sleep. Through breathing techniques, gentle movements, learning self-acupressure and reflexology points, you will leave with your own tools to help you destress, decrease anxiety and improve sleep.

YOGA FOR CAREGIVERS (virtual)

Join Certified Yoga Instructor, Kim Haas, for a special virtual yoga class for caregivers. Yoga has been shown to decrease stress and anxiety, as well as improve quality of life. With regular practice, yoga can provide meditation and breathing techniques to benefit mental and emotional well being.

This yoga class is aimed at participants of all levels, new yogis are welcome!

Come spend an hour with other caregivers, take care of yourself!

Questions?

Email us at soulstrong@soulryeders.org



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