

Caregiving Series: Finding Balance in Care



You are not alone. Join us for information, support, and connection with others navigating the caregiving journey.

Whether you are caring for an aging parent, a young child, partner or an adolescent, caregiving can be rewarding, challenging, and emotionally demanding. This workshop series provides practical information, a supportive community, and space to share experiences with others who understand.

Register to join Zoom.
Feel free to sign up for any or all sessions.

**SCAN
ME**



Session 1



Wednesday, January 27, 2027 from 12 to 1pm

Caring for Those Who Cared for Us: Resources, Strategies, and Support for Caregivers

Presented By: Angie Yeh, MASM, MSDA, Family Consultant, USC Family Caregiver Support Center/LACRC

Session 2



Wednesday, February 10, 2027 from 12 to 1pm

Caring for the Next Generation: Supporting Youth & Adolescents

Presented By: Julie Cederbaum, PhD., USC Suzanne Dworak-Peck School of Social Work

Session 3



Wednesday, February 24, 2027 from 12 to 1pm

Care in Action: Policies and Resources to Support Caregiving

Presented By: Lilian Serrano, CLMS, Manager, Leave of Absence Administration, University Human Resources, Equity, and Compliance

WHO SHOULD ATTEND?

Family caregivers, parents, guardians, grandparents, partners, and anyone providing care and support to a loved one. Caregiving is more manageable when information, support, and community come together. If you have questions or want to learn more about [USC Healthy Campus](https://usc.edu/healthy-campus), please email Jchobdee@usc.edu.

