

FAMILY CAREGIVER EDUCATION SERIES

Handling Grief and Loss

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Michele Shimamura, LMFT, CT

michele@trivalleycommunitycounseling.com

ONLINE

Caregiving and Ambiguous Loss

<https://www.caregiver.org/resource/caregiving-and-ambiguous-loss/#>

Depression and Caregiving

<https://www.caregiver.org/resource/depression-and-caregiving/>

Dr. Weil's Breathing Exercises: 4-7-8 Breath

www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/

Emotional Side of Caregiving

<https://www.caregiver.org/resource/emotional-side-caregiving/>

Grief and Loss - Family Caregiver Alliance

<https://caregiver.org/resource/grief-and-loss/>

16 Tips for Continuing Bonds with People We've Lost

<https://whatsyourgrief.com/16-practical-tips-continuing-bonds/>

PRINT

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