

CAREGIVER CONNECTIONS

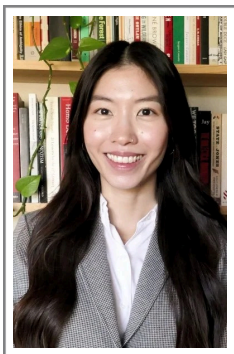
AN EDUCATIONAL WEBINAR SERIES

Be Present, Open Up, and Do What Matters: Cultivating Psychological Flexibility to Cope with Caregiver Stress

Wednesday, March 13 at 2PM

For March's Caregiver Connection series, Dr. Jackie Ma, a clinical health psychologist at Tailored Brain Health, will define psychological flexibility, present a brief research overview of the topic, and lead some short guided exercises to cultivate psychological flexibility.

Dr. Jackie Ma, PhD, [Tailored Brain Health](#)



Dr. Jackie Ma is a clinical health psychologist at Tailored Brain Health. She has extensive experience working with individuals facing both acute and chronic medical concerns, working to manage physical symptoms and emotional distress. Her approach is all about empowering you to handle thoughts and emotions in a skillful way, and she draws from mindfulness- and acceptance-based therapies like Cognitive Behavioral Therapy and Self-Compassion.



April Caregiver Connections scheduled for Monday, April 15th at 2PM with Dr. Daniel Parker on Lecanemab

Can't attend the live event? Don't worry, all Caregiver Connections webinars are recorded and links to presentations will be available on our [website](#), along with information on upcoming events.



Click on [this](#) link to access the Zoom presentation the day of the event.



OR call in by dialing
1-646-876-9923

Meeting ID: 965 7747 1018
Password: 3513