



CJE's Caregiver Toolkit Series

Unlocking Resilience: The Science and Heart of Caregiving

Practical Insights and Strategies for Caregivers

Family caregiving is a journey filled with challenges—and it's completely normal to feel overwhelmed, even when we're doing our very best. In this discussion, Dasha Kiper will shed light on the brain science behind why adapting to caregiving is more complex than we often expect. Importantly, she will share practical insights and strategies that caregivers can use to better navigate challenges with resilience, compassion, and greater peace of mind.

Thursday, June 26, 2025 • 10am–Noon

1015 Howard Street, Evanston IL

Free. In-person. Registration required.



**CLICK OR SCAN
HERE TO REGISTER**



10 am light refreshments; 10:30 program. Time allowed for Q&A.
For more information, call 847.492.1400

Presenter:

**Dasha Kiper, Director of Caregiver Support
Renewal Memory Partners**

After receiving her MA in clinical psychology from Columbia University, Dasha Kiper became a live-in caregiver for a holocaust survivor living with Alzheimer's disease. For the past fifteen years, she has supported family and professional caregivers and mental health professionals.

cje SeniorLife
Jewish values for positive aging



Since 1972, CJE SeniorLife has been dedicated to helping older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values. We enhance the lives of older adults and their families regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin.

Adult Day Services 1015 Howard Street, Evanston IL | cje.net/adsevanston | 773.508.1000

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