



Customized Solutions to Growing Human Challenges

Humans Growing Humans



Krisie Barron LSW
Caregiver & Human Specialist

Human Centered Approach to Caregiving

Navigating the Human Experience

Caring for a loved one can be difficult. As family caregivers, we can find ourselves struggling with feelings of vulnerability, anger, and guilt...and often we have no idea how to manage these feelings. **WE ARE HUMAN!** We need support.

Understanding how to manage, navigate, and support our human experience is essential to supporting ourselves and others. We invite **ALL** community members in Big Stone County to join us as we hear from Krisie Barron, LSW and Caregiver Specialist. Krisie will share about caregiving as it relates to families, and she will address the following questions:

- What is the human experience of the family caregiver?
- What is the normal aging process?
- How can we explore the role of caregiver in a deeper way to understand how we feel about what we are doing?
- How can we as caregivers support ourselves through many conflicting emotions?

We hope to see you at this **FREE COMMUNITY EVENT** on **Wednesday October 12th, 2022, at 6:30pm** at the Ortonville High School Auditorium.

200 Trojan Drive
Ortonville, MN 56278

For more info: <https://linktr.ee/krisiebarron>

Event hosted by Big Stone County

