



Welcome to National Family Caregivers Month 2021!

Thank you for joining this movement! Together we will inspire our community to remember & honor caregivers, ensuring they feel valued, supported and loved.

We invite you ALL of NOVEMBER to engage and help us spread awareness:

Here are ways you and your team can help:

- Display our National Caregiver Awareness Flier in a general area for your guests, clients and employees to see. We don't always know who the caregivers among us may be!
- Host an employee watch party on 11/5 from 11:00 – 1:00 as we officially kick off National Family Caregiver Month, live on David's Refuge Facebook Page.
- Share our National Family Caregiver Month Graphic on your social media platforms, and link Facebook and website (Graphic in email).
- Put out a donation box and include information about David's Refuge programs.
- Offer a dress down or a fun themed day to all employees – Collect \$\$ per employee to participate, which can then be donated back to David's Refuge (Email Christine Corbett for ideas or resources)
- Engage with us all month long on social media. We will be sharing daily posts about Caregiver Burnout, Community, Wellness, and Respite.

For support or if you have any questions, please contact Christine Corbett at christinecorbett@davidsrefuge.org. Thank you for participating in National Family Caregivers Month 2021!

Thank you for your belief in our mission,

**Sarah Watson and Christine Corbett
David's Refuge**