

Balancing Act: Nurturing Your Well-being as a Family Caregiver

Webinar • February 13, 2024 • Noon ET/9:00am PT

The holiday season is a wonderful time to be with family, but for many with aging loved ones, it can also be a reality check that they need a new level of care. Change is imminent and no doubt, you're focused on helping them. But what about you? Are you ready to navigate new waters as a family caregiver?

Dr. Allison Applebaum is a clinical psychologist and an expert in supporting family caregivers, deepened by her own experience caring for her father. Join her and Jill McNamara, LICSW and General Manager of Senior Care at Care.com, for Balancing Act: Nurturing Your Well-being as a Family Caregiver. This free session will provide a compassionate forum for the worries and questions many family caregivers have. Wherever you are on your caregiving journey, you'll learn new tools and find validation and support.

Sign up now to join us live or receive the recording.

[Register for Free](#)



About Our Presenter Dr. Allison Applebaum

Dr. Allison Applebaum is a clinical psychologist primarily focused on addressing the psychosocial needs of family caregivers. She is an Associate Attending Psychologist in the Department of Psychiatry and Behavioral Sciences at Memorial Sloan Kettering Cancer Center (MSK), Associate Professor of Psychology in Psychiatry at Weill Cornell Medicine, and Founding Director of the Caregivers Clinic at MSK. Dr. Applebaum is the author of *Stand By Me: A Guide to Navigating Modern, Meaningful Caregiving*, and an experienced family caregiver.