Palm Beach County
Board of County Commissioners

Palm Beach County
Youth Services Department
Residential Treatment & Family Counseling Division
Education & Training Center
PRESENTS



Lunch & Learn

Understanding and Managing Caregiver Stress

Presenter: Mariafernanda Macias, M.A.

Palm Beach County YOUTH Services
Growing Brighter Futures

Registration Link:

https://www.surveymonkey.com/r/MVZ2YKK

If you have trouble accessing the survey, please copy the link and paste it directly into your browser

Date & Location

Thursday, November 19, 2026

12:00 PM - 1:00 PM

ZOOM REMOTE VIDEO CONFERENCE

Once registration is confirmed, link to access the training will be provided

Description

This presentation will provide an overview of common sources and signs of caregiver stress. Participants will learn and practice practical strategies to manage stress, strengthen coping skills, and support family well-being.

For more information on the Youth Services Department, Scan the QR code below

There is no cost associated with this program.