

A Gift for the Caregiver Event

YOU MATTER TOO: A Wellness Event for Caregivers

Saturday, December 6

10am to Noon

Naples Botanical Garden

At David Lawrence Centers for Behavioral Health (DLC), we believe the caregiver's well-being is just as important as those they care for. Join us for a gift for you – the caregiver – as we come together to pause, reflect and recharge.

What to Expect:

- Learn the Warning Signs of Burnout
- Engage in Conversations About Mental and Emotional Health
- Explore Tools for Self-Care and Resilience
- Connect with Fellow Caregivers and Local Resources

\$10 per person

Includes light refreshments, giveaways, and admission to the Naples Botanical Garden for the day.

LET'S COME TOGETHER TO SUPPORT, UPLIFT, AND EMPOWER ONE ANOTHER.



Scan the QR code
to register or visit
dlcenters.org/events

Sponsored by:



Naples
Botanical
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For more information, email donorcare@DLCenters.org

Flyer Summary

Title: Caregiver Event 12/2025

Event Date: 06 Dec 2025

Address: 4820 Bayshore Dr

Company: David Lawrence Centers for Behavioral Health

Email: jessical@dlcenters.org

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The purpose of Community Flyers is to connect CCPS families with out-of-school-time community activities and opportunities.*

