Caregiver training

The Milpitas-based CC and Yuhling Han Foundation is partnering with two other service organizations for two training sessions for Chinese-American family caregivers, volunteers and healthcare professionals.

“Mindful Self-Care for Caregivers” is an eight-week course that covers six main categories: mindfulness, cultivating compassion, self-care, mindful communication, maintaining healthy boundaries and building resilience through sharing.
The Chinese American Coalition for Compassionate Care (CACCC) and the Zen Caregiving Project (ZCP) developed the course, and the foundation is providing scholarships for 12 qualified caregivers to take part in each training session.

According to the CACCC, “participants can confidently express their challenges and worries about self-care; have the opportunity to reflect on their current lifestyle and behavior; learn how to take care of themselves to improve their overall physical and mental health and take better care of their patients.”

The training is open to current or former caregivers who are able to fully participate in the eight-week course and can engage in discussions in Mandarin.

Due to the COVID-19 pandemic, the training will take place online. The first session runs Tuesdays, Aug. 11-Sept. 20, 7-9 p.m. The second session runs Tuesdays, Oct. 6-Nov. 24, 4-6 p.m.

Caregivers must register by July 31; for registration information, call the CACCC at 866-661-5687, email info@caccc-usa.org or visit caccc-usa.org.