

# Hero's Journey of The Caregiver



The Boulder County Area Agency on Aging invites interested caregivers to participate in the upcoming class, "Hero's Journey of the Caregiver." The course is intended for informal and family caregivers of older adults and will focus on providing participants with tools to help ensure that they thrive, not just survive, during caregiving.

The "Hero's Journey of the Caregiver" course is inspired by the work of Joseph Campbell, a scholar who popularized various theories on hero myth narratives. Using a multimedia approach (video clips, art, poetry), the class will offer opportunities for the inner hero to show up in caregiving and ultimately move through obstacles on this journey.

**Hero's Journey of the Caregiver is a five-week course, held 10 a.m. - noon on Thursdays from Oct. 6 - Nov.3. Please register by Friday, Sept. 30. Participants will be meeting virtually on Zoom.**

For more information or to register for the course, please contact Rebekah Van Sweden at [infoCaregiver@bouldercounty.org](mailto:infoCaregiver@bouldercounty.org) or by calling 303-441-3945. Participants will be required to provide additional eligibility details and to complete a registration form to participate. This class will be facilitated by JoAnn Dorio Burton, CLC, CPRP, and sponsored by the Boulder County Area Agency on Aging. JoAnn is an author, consultant, trainer, and life coach.

This program is open to Boulder County residents providing care for a relative, partner, or friend who is age 60 or over, or of any age if the person has dementia. There is no charge for the course, but donations are appreciated.

Learn more about our Caregiving Programs at [boco.org/Caregiving](http://boco.org/Caregiving).



Information & Assistance for Aging Well

**303-441-1617**

[www.BoulderCountyAging.org](http://www.BoulderCountyAging.org)