

Upcoming Online Events In February



February 6th, 2026 1:00 PM - 2:00 PM EST 3 weeks	Caregiver Class: Moral Distress in Caregiving	This 3-week class helps you understand and navigate moral distress—the pain that can arise when care decisions clash with your values. Together, we explore how moral distress shows up in your caregiving and unpack common dilemmas like balancing safety and autonomy, honesty and protection, or guilt and practicality. The series offers language, reflection, and validation for the difficult choices you face.
February 10th, 2026 7:00 PM - 8:00 PM EST One-Time Event	Documents & Decision Making	Confused by the healthcare system? This webinar breaks down how the U.S. healthcare system actually works—who does what, how insurance fits in, and how to keep medical information organized. We'll explore options for advanced care and share practical strategies for advocating effectively, so navigating care feels clearer, more manageable, and less overwhelming
February 13th, 2026 2:00 PM - 3:00 PM EST One-Time Event	Anonymous Support Group: Finding Fulfillment	Explore ways to bring more meaning and satisfaction into this chapter. Feeling stretched across responsibilities can leave little room for personal fulfillment. Join a space to reflect on what matters to you, share experiences with peers, and explore approaches for creating moments of purpose in your daily life.
February 23rd, 2026 5:00 PM - 6:00 PM EST One-Time Event	Webinar: Navigating the Healthcare System	Are you prepared for a crisis or just hoping it won't happen today? In this anonymous caregiver talk, we'll create a supportive space to talk through the legal, medical, and emergency documents many caregivers find themselves needing. Together, we'll explore how to approach those tough but necessary conversations with loved ones, while acknowledging how emotional and overwhelming they can feel.



REGISTER FOR THESE EVENTS AND MANY MORE AT
ALEXVA.TRUALTA.COM



DAAS
ALEXANDRIA
AGING & ADULT
SERVICES