

Spring 2019 from Family Caregiver Alliance — 5 Classes for Family Caregivers



It Takes Two! A Refreshing Approach to Understanding and Coping With Dementia Behavior

This four-week class offers skills and tools for family caregivers, friends, or partners who care for a loved one with Alzheimer's disease or a related dementia. It Takes Two! offers the opportunity to learn more about your relative or friend's ability to understand and communicate, as well as skills to handle troubling behavior and how to feel more confident and positive about your caregiving role.

WHERE: San Leandro Senior Community Center
13909 East 14th Street, San Leandro

WHEN: Thursdays, February 14, 21, 28, and
March 7 | 1 p.m. to 3 p.m.

INSTRUCTOR: Jo McCord, MA, Family Consultant

REGISTER: Calvin Hu, chu@caregiver.org,
(415) 434-3388 x 313

Funded by the Alameda Co. Dept. of Aging and Adult Services.

WHERE: San Bruno Senior Center
1555 Crystal Springs Road, San Bruno

WHEN: Wednesdays, March 20, 27, and
April 3, 10 | 10 a.m. to 12 noon

INSTRUCTOR: Christina Irving, LCSW,
Family Consultant/Clinical Supervisor

REGISTER: Christina Irving, cirving@caregiver.org,
(415) 434-3388 x 303

Funded by San Mateo Co. Aging and Adult Services.

Communicating and Advocating With Medical Professionals

Navigating our health care system for the first time can be a daunting experience, often leaving family caregivers confused and frustrated by an unsympathetic and bureaucratic system. This workshop will help to clarify the current realities of the health care experience for caregivers. Participants will learn to use effective communication techniques, and powerful communication tools to be a better advocate for the person for whom they are caring with health care professionals.

WHERE: Senior Coastsiders, 925 Main Street, Half Moon Bay

WHEN: Monday, March 25 | 1 p.m. to 3 p.m.

INSTRUCTOR: Christina Irving, LCSW, Family Consultant/Clinical Supervisor

REGISTER: Calvin Hu, chu@caregiver.org, (415) 434-3388 x 313

*Funded by Dignity Health
Community Grants Program.*



Burning the Candle at Both Ends: Managing Stress for Family Caregivers

Stress is a normal physical response to the many challenges family caregivers face on a daily basis. Unfortunately, chronic stress can also lead to problems with your emotional and physical health. There are, however, ways to manage stress, by practicing techniques designed to boost resilience. At this workshop, family caregivers will learn about the sources of stress, how to manage stress, stress relievers and coping tools, and stress reduction techniques.

WHERE: Alzheimer's Association, Suite F-138
4340 Redwood Highway, San Rafael

WHEN: Wednesday, February 27 | 10 a.m. to 1 p.m.

INSTRUCTOR: Amanda Hartrey, LMFT, Family Consultant

REGISTER: Amanda Hartrey, ahartrey@caregiver.org,
(415) 434-3388 x 334

Funded by the Marin Co. Dept. of Aging and Adult Services.

WHERE: San Pablo Community Center, Community Room
2450 Road 20, San Pablo

WHEN: Friday, February 15 | 10 a.m. to 1 p.m.

INSTRUCTOR: Amanda Hartrey, LMFT, Family Consultant

REGISTER: Amanda Hartrey, ahartrey@caregiver.org,
(415) 434-3388 x 334

Funded by the Contra Costa Co. Area Agency on Aging.

Family Caregiver Alliance | www.caregiver.org

101 Montgomery Street | Suite 2150 | San Francisco, CA 94104 | 415.434.3388 | info@caregiver.org