

There Must be a Better Way Than This!

A Free One Day Class for Dementia Caregivers

Family Caregiver Alliance and the San Pablo Senior Center invite you to attend a special one day class for dementia caregivers. In this class, you'll learn tips and strategies for understanding and communicating with someone affected by dementia. You'll also learn:

- How to handle difficult behaviors.
- How dementia affects a person's ability to understand and communicate.
- How to feel more confident in your caregiving role.

DATES/TIME: Tuesday, May 23
10 a.m. to 1 p.m.

LOCATION: **San Pablo Community Center**
2450 Road 20
San Pablo, CA 94806

SPEAKER: Amanda Hartrey, LMFT, Family Consultant
Family Caregiver Alliance

TO REGISTER: Contact Amanda Hartrey at (415) 434-3388 ext. 334. Feel free to leave a message with your name, number, and the name of this workshop.

Group size is limited and please let us know if you have a disability and require assistance. We regret to inform you that we are unable to accommodate professional and/or paid caregivers at this event.



FAMILY CAREGIVER ALLIANCE®



CITY OF SAN PABLO

City of New Directions

This program is funded in part by the Contra Costa County Department of Aging and Adult Services and the City of San Pablo. FCA supports and assists caregivers of adults with chronic or disabling health conditions regardless of race, ancestry, national origin, creed, gender, gender identity, religion, sexual orientation, disability, income, or age. FCA is part of California's statewide system of nonprofit Caregiver Resource Centers, offering information, education, publications, care planning, legal/financial consultations, and respite assistance. For more information about FCA, call (800) 445-8106 or visit www.caregiver.org.