

There Must Be a Better Way Than This!

Understanding and Communicating with People with Dementia

A Free One Day Class for Dementia Caregivers

In this FCA class you'll learn the following tips and strategies on how:

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



DATES/TIME: Wednesday, March 21, 2018
10 a.m. to 1 p.m.

LOCATION: San Pablo Community Center
2450 Road 20, Activity room #2
San Pablo 94806

SPEAKER: Amanda Hartrey, LMFT, FCA Family Consultant

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.

Pre-registration is required. Please let us know if you have a disability and require specific accommodations. This class is specifically for family caregivers, not providers.

FCA
FAMILY CAREGIVER ALLIANCE®



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City of New Directions

This program is funded by the Contra Costa County Area Agency on Aging 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 caregiver.org.