

Coping with Caregiving

A workshop for those dedicated to the care of others—but who put their own health and social needs on the back burner.

One of the greatest challenges of being a family caregiver is maintaining one's own physical and emotional health—all too often, caregivers neglect their health and well being. We cannot stop the impact of a chronic illness on a loved one. However, we, as caregivers, need to be responsible for our own self-care.

- Understand why those who care for others often feel sad, guilty and alone, and how you can change these feelings
- Learn specific tools to help you reduce stress; deal with uncertainty and change; access support and resources; and take positive action steps that will benefit YOU!

DATES/TIME: Wednesday , April 12th
3 p.m. to 5 p.m.

LOCATION: Catholic Charities
Adult Day Services—San Mateo County
787 Walnut Street
San Carlos, CA 94070

SPEAKER: Christina Irving, LCSW, Family Consultant
Family Caregiver Alliance

TO REGISTER: Call Adult Day Services, San Mateo County
650.592.9325 OR
Email: CSantoni@CatholicCharitiesSF.org

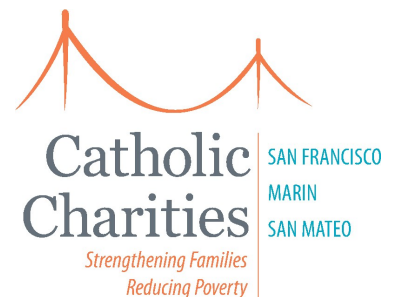


Group size is limited. Please let us know if you have a disability and require assistance.

Light refreshments will be provided.
Respite will be available; please call for more information. 650-592-9325



FAMILY CAREGIVER ALLIANCE®



This program is funded by Dignity Health—Community Grants Program. 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.