

FAMILY CAREGIVER ALLIANCE

Upcoming Events in San Mateo County

EDUCATIONAL AND RESPITE RETREAT

You are invited to join us for a free one-day retreat designed especially for you, the family caregiver. Learn about caregiver self-care and stress management, participate in therapeutic group activities, network and share your experiences with fellow caregivers, and enjoy a catered breakfast and lunch.

DATE & TIME: Saturday, June 4
9:30 a.m. to 3 p.m.

LOCATION: Saint Edmund's Episcopal Church
1500 Perez Drive
Pacifica 94044

COST: Free— Breakfast and lunch provided

TO REGISTER : Online: <http://bit.ly/fcapacifica>
By phone: Calvin Hu, (415) 434-3388 ext. 313
(Pre-registration required. Unfortunately we are unable to accommodate professional caregivers)



FAMILY CAREGIVER ALLIANCE®



THERE MUST BE A BETTER WAY THAN THIS!

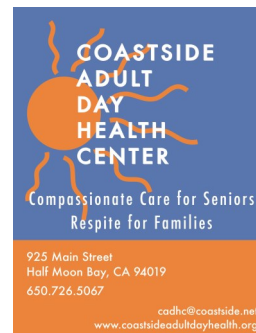
At this dementia workshop, you'll learn strategies for understanding and communicating with someone with dementia. You'll also get information on how to handle difficult behaviors, learn how dementia affects a person's ability to understand and communicate, and feel more confident in your caregiving role.

DATE & TIME: Saturday, June 25
10 a.m. to 12:30 p.m.

LOCATION: Coastside Adult Day Health Center
925 Main Street
Half Moon Bay 94019

COST: Free— Light refreshments provided

TO REGISTER: Contact: Christina Irving, (415) 434-3388 ext. 303
or cirving@caregiver.org (Pre-registration required. Unfortunately we are unable to accommodate professional caregivers).



Funded by San Mateo Aging and Adult Services and Coastside Adult Day Health Center. 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.