

# 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:** Monday, May 9  
9:15 a.m. to 3:30 p.m.

**LOCATION:** Vallombrosa Center  
250 Oak Grove Avenue  
Menlo Park 94025

**COST:** Free— Breakfast and lunch provided

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

### 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 4  
9:30 a.m. to 12:30 p.m.

**LOCATION:** Rosener House Adult Day Services  
500 Arbor Road  
Menlo Park 94025

**COST:** Free— Light refreshments provided

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

