

It Takes Two!

A Refreshing Approach to Understanding and Coping with Dementia Behavior

This four week class offers new skills and tools for family caregivers who care for a loved one with Alzheimer's disease or related dementias.

In **It Takes Two!**, you will:

- Learn more about your relative's ability to understand and communicate.
- Learn new skills to handle troubling behavior.
- Feel more confident and positive about your caregiving role.

DATES/TIME: Four-part class held on Thursdays
March 2, 9, 16, and 23
1 p.m. to 3 p.m.

LOCATION: **West Oakland Senior Center**
1724 Adeline Street
Oakland, CA 94607

INSTRUCTOR: Jo McCord, MA , Family Consultant
Family Caregiver Alliance

TO REGISTER: Contact: Calvin Hu, (415) 434-3388 ext. 313 or
chu@caregiver.org (Pre-registration required).



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 caregivers at this event.



FAMILY CAREGIVER ALLIANCE®



Funded by the Alameda County Department of Aging and Adult Services and hosted by the West Oakland Senior 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.