

Powerful Tools for Caregivers

This free six-part class offers new skills and tools for family caregivers of those with a chronic health condition such as Alzheimer's disease, Parkinson's, or stroke.

At **Powerful Tools**, you will learn how to:

- Reduce stress.
- Make difficult caregiving decisions.
- Communicate more effectively during challenging situations.
- Prevent caregiver burnout.



DATES/TIME: Six-part class held on Wednesdays
August 16, 23, 30, and September 6, 13, and 20
10:30 a.m. to 12 noon

LOCATION: **Atria at Foster Square**
Event Space, second floor
707 Thayer Lane
Foster City 94404

SPEAKERS: **Christina Irving**, LCSW, Family Consultant
Family Caregiver Alliance

TO REGISTER: Contact Christina Irving, cirving@caregiver.org,
or (415) 434-3388 ext. 303

This class is free but pre-registration is required and group size is limited. This class is specifically for family caregivers, not providers. Respite scholarships may be available, please call for more information.



FAMILY CAREGIVER ALLIANCE®

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AT
FOSTER
SQUARE

This program is funded by San Mateo Aging and Adult Services. 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.