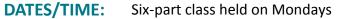
Powerful Tools for Caregivers

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.



April 16, 23, 30, and May 7, 14, and 21

2 p.m. to 3:30 p.m.

LOCATION: Catholic Charities

Adult Day Services
50 Broad Street
San Francisco 94112

SPEAKERS: Annie Roche, MSW, MPH, Family Consultant

Family Caregiver Alliance

Christina Irving, LCSW, Family Consultant

Family Caregiver Alliance

TO REGISTER: Contact Annie Roche, aroche@caregiver.org, or

(415) 434-3388 ext. 317

This class is free but pre-registration is required and group size is limited. This class is specifically for family caregivers, not providers.





