

# 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 Mondays  
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](mailto: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.*

**FCA**  
FAMILY CAREGIVER ALLIANCE®

  
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SAN MATEO  
Adult Day Services  
Strengthening Families  
Reducing Poverty

This program is funded by the City and County of San Francisco Department of 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](http://www.caregiver.org).