





Burning the **Candle** at Both Ends: Managing Stress for **Family Caregivers**

Stress is a normal physical response to the many challenges family caregivers face on a daily basis. Unfortunately, chronic stress can also lead to problems with your emotional and physical health. There are however ways to manage stress, by practicing techniques designed to boost resilience. At this workshop, family caregivers will learn about:

-  Sources of stress
-  How to manage stress
-  Stress relievers and coping tools
-  Stress reduction techniques

When: Wednesday, June 20, 2018 | 10 a.m. to 12 noon

Where: Alzheimer's Association, 4340 Redwood Highway, Suite F138, San Rafael 94903

Speaker: Amanda Hartrey, LMFT, Family Caregiver Alliance (FCA) Family Consultant

Registration: Contact Amanda Hartrey, 415.434.3388 ext. 334. Feel free to leave a message with your name, number, and the name of this workshop.

Pre-registration is required. Please let us know if you have a disability and require specific accommodations. This class is specifically for family caregivers, not providers.



This program is funded by the Marin County 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 caregiver.org.