

# CARING FOR LIFE



## **SURVIVING AND THRIVING AS A FAMILY CAREGIVER** **FREE 6-Session Caregiver Education and Support Courses**

Empower yourself to face a changing future knowing you are not alone on your journey. This practical road map to caregiving provides you with the tools and techniques to handle the everyday challenges of caring for a loved one, including one with Alzheimer's, other forms of dementia or cognitive impairment. Includes emotional grounding exercises, coping skills for ongoing grief and loss, real-life caregiving techniques, dementia tips, and resources for self-acceptance.

### **SAN LUIS OBISPO**

Every Other Friday 2:30-4 pm

- Dec 15 & 29, Jan 12 & 26, Feb 9 & 23
- Mar 9 & 23, Apr 6 & 20, May 4 & 18

### **NORTH COUNTY**

Every Other Thursday 2-3:30 pm

- Nov 30, Dec 14 & 28, Jan 11 & 25, Feb 8
- Feb 22, Mar 8 & 22, Apr 5 & 19, May 3

### **SOUTH COUNTY**

Every Other Wednesday 11 am-12:30 pm

- Oct 4 & 18, Nov 1, 15 & 29, Dec 13
- Dec 27, Jan 10 & 24, Feb 7 & 21, Mar 7



ROSLYN STROHL, LMFT  
(MFT #19800)

**Preregistration required:**  
**[www.hospiceslo.org](http://www.hospiceslo.org) or (805) 544-2266**



DEBORAH BAYLES, MA, CMC