

CARING FOR LIFE



SURVIVING AND THRIVING AS A FAMILY CAREGIVER

**A FREE 6-Session Caregiver Education and Support Course — Starting Friday, June 30th
Meets 2:30-4PM Every Other Friday — June 30, July 14 & 28, Aug. 11 & 25, Sept. 8**

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.

Topics Include:

- Setting boundaries
- Creating your own safety nets
- Practicing self-care
- Developing a personal caregiver bill of rights
- Accepting peer support—**you are not alone!**
- Working through denial, anger, and loss
- Dealing with present and future grief
- Handling difficult behaviors
- Overcoming caregiver guilt

Call (805) 544-2266 — Preregistration Required



ROSLYN STROHL, LMFT
(MFT #19800)



DEBORAH BAYLES, MA, CMC

HOSPICE
SLO COUNTY
A Volunteer Hospice

For more information or to register:
(805) 544-2266 or www.hospiceslo.org
Free parking — lot in back and on street
1304 Pacific Street | San Luis Obispo, CA 93401