

CARING FOR LIFE - NORTH COUNTY



SURVIVING AND THRIVING AS A FAMILY CAREGIVER

A FREE 6-Session Caregiver Education and Support Course starting Thursday, September 7
Meets 2PM-3:30PM every other Thursday: Sept. 7, 21, Oct. 5, 19, Nov. 2, 16

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.

Topics Include:

- Handling challenging behaviors
- Dealing with denial, anger, and loss
- Overcoming caregiver guilt
- Setting boundaries and creating safety nets
- Practicing self-care
- Developing a personal caregiver bill of rights
- Accepting peer support — **you are not alone!**

Classes held at:

Community Church of Atascadero - UCC
5850 Rosario Avenue, Atascadero



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DEBORAH BAYLES, MA, CMC