

CARING FOR LIFE - SOUTH COUNTY



SURVIVING AND THRIVING AS A FAMILY CAREGIVER

A FREE 6-Session Caregiver Education and Support Course Starting Wednesday, July 12
Meets 11AM-12:30PM every other Wednesday: July 12, 26, Aug. 9, 23, Sept. 6, 20

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:
Pacific Premier Bank
1530 E. Grand Avenue, Arroyo Grande



ROSLYN STROHL, LMFT
(MFT #19800)



DEBORAH BAYLES, MA, CMC