

When & Where are Classes Held?

WHEN:

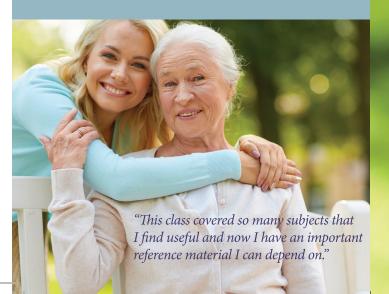
The program is a six-week series that meets for two hours each week.

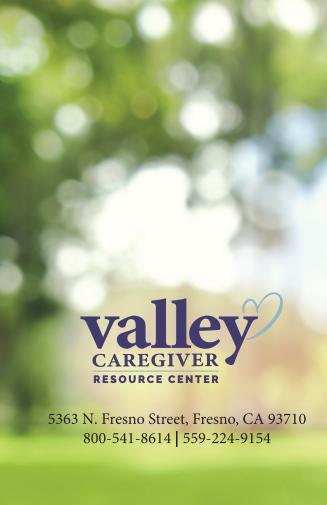
WHERE:

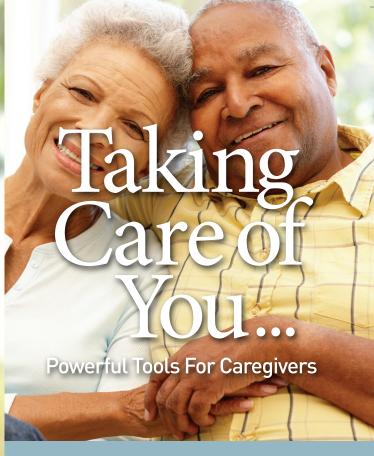
Classes are held at: Valley Caregiver Resource Center 5363 N. Fresno Street Fresno, CA 93710

PLEASE NOTE:

Class size is limited. Registration is required.
Some financial assistance is available for respite care.
This class is not for professionals or volunteers.







A Class For Family Caregivers

"After taking this class I am a more confident cargiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me... and a healthier us!"

-Peggy, caring for mother



Taking Care of You...

Who Is This Class For?

Taking Care of You: Powerful Tools for Caregivers is to help family caregivers take care of themselves while caring for an older relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

What Does The Class Cover?

This class will give you, the family caregiver, tools to:

- Help you reduce stress
- Communicate effectively with other family members, your doctor, and paid help
- Take care of yourself
- Reduce guilt, anger and depression
- Help you relax
- Make tough decisions
- Set goals and problem-solve
- *Please note that this class will NOT focus on the disease process.

Includes: How To Do It Book!

Each class participant will receive a book to accompany the class content. This book contains 21 chapters including:

- Hiring in-home help
- Helping adults with brain impairments
- Making legal & financial decisions
- Making decisions about care facility placement
- Understanding depression
- Making decisions about driving

Feedback

We will be asking you for feedback about how the program will benefit you and other caregivers. Your participation will make a difference!

Contact Us

5363 N. Fresno Street, Fresno, CA 93710

Phone: (559) 224-9154 or (800) 541-8614 Email: info@valleycrc.org Web: www.valleycrc.org

Office Hours: Monday – Friday 8am – 5pm

This class is offered at NO COST to class participants (funded by grants from the Fresno-Madera Area Agency on Aging and the Department of Health Care Services) Involuntary contributions are greatly appreciated.

