



Southern Caregiver Resource Center
Caring for those who care for others

2018 FAMILY CAREGIVER CLASSES

Facilitated by our Education & Outreach Department

at Southern Caregiver Resource Center, 3675 Ruffin Rd, Suite 230

San Diego, CA 92123 (in the conference room)

Classes Available Live Stream 

Wednesday, January 10th— “The Long Distance Caregiver” 10:00-11:00am

Learn how to manage the emotional aspects of being a long-distance caregiver. Learn ways to improve communication with those who are close to the care receiver.

Visit <http://bit.ly/caregiverdistance> to register online

Wednesday, February 14th— “Managing the Emotional Aspects of Caregiving” 10:00-11:00am

Learn how to recognize, understand, and respond to the emotional challenges of being a caregiver. Explore stress management techniques and learn of resource available for caregivers and care receiver.

Visit <http://bit.ly/EmotionalAspects> to register online

Wednesday, March 14th— “The Aging Process: What is Normal, What is Not” 10:00-11:00am

Explore signs of normal vs. abnormal aging. Discuss successful ways of staying physically, emotionally, and socially active.

Visit <http://bit.ly/NormalAging> to register now online

Wednesday, April 11th— “Making the Most of your Doctor’s Visit ” 10:00-11:00am

Learn how to prepare for a visit to the doctor, how to make the most of your time with the physician, and what to do after the visit. Explore successful communication strategies and learn how to help the care receiver during doctor visits.

Visit <http://bit.ly/DocVisit> to register now online

Wednesday, May 9th — “Holding a Family Meeting” 10:00-11:00am

Learn how to create a care plan involving family members, friends, and providers. Learn communication strategies to help you facilitate these discussions. Learn how to facilitate a family meeting.

Visit <http://bit.ly/FamMeeting> to register now online

Wednesday, June 13th— “Understanding Alzheimer’s & Dementia” 10:00-11:00am

Define and understand Alzheimer’s disease and dementia. Understand causes of difficult behaviors and ways in which to respond.

Visit <http://bit.ly/DementiaDisease> to register now

You may also register by calling toll-free

1 (800) 827-1008 | (858) 268-7816

www.scrs.care