



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 training room)

Classes Available Live Stream



Wednesday, July 11th— “Communicating with Care” 10:00- 11:00am

Learn how to communicate with someone who has a cognitive impairment, is chronically ill, and/or frail and elderly. Explore communication strategies and understand how to share your needs and expectations with the care receiver.

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

Wednesday, August 8th— “Managing Difficult Behaviors of Dementia” 10:00-11:00am

Understand the difficult behaviors associated with dementia. Find ways to respond to different behaviors that may arise in your caregiving situation.

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

Wednesday, September 12th— “Sandwich Generation” 10:00-11:00am

Learn how to make inter-generational relationships successful. Explore ways to support adult children and elderly parents, while taking care of yourself. Learn ways in which to respond to being “caught in the middle”.

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

Wednesday, October 10th— “Successful Mealtime” 10:00-11:00am

Learn how to recognize, understand, and respond to possible changes with eating behavior due to a cognitive impairment, illness, and/or disease. Explore healthy and energizing meals for the caregiver.

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

Wednesday, November 14th— “Caring for the Caregiver” 10:00-11:00am

Identify how to manage your caregiving responsibilities, improve your caregiver communication skills and learn ways to stay organized as well as how to ask for assistance.

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

Wednesday, December 12th— “Successful Bathtime” 10:00-11:00am

Learn how to manage the challenges of bathing someone with a cognitive impairment. Explore bathing techniques and find ways to make the bathing experience safe.

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

You may also register by calling toll-free

1 (800) 827-1008 | (858) 268-4432

www.scrs.care