



SUPPORT FOR ADULTS WITH MEMORY LOSS AND THEIR FAMILIES

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# Powerful Tools for Caregivers

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Are you responsible for the care of a loved one?

In this program, you will acquire the tools you need to care for yourself

You will learn techniques to:

- Reduce personal stress;
- Communicate your needs effectively;
- Manage emotions when coping with difficult situations.



This FREE program consists of class on SIX consecutive Tuesdays November 2, 2021 – December 7, 2021

**Location:** Virtual on Zoom

**Time:** 10am – 11:30am Pacific Time

**Instructors:** Carol Hahn, MSN, RN and Tara Guden, LCSW

This program is offered free of charge, made possible by the generous support of OPICA donors. You may like to purchase the companion book for \$30.

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For more information and/or to register for this program please contact Carol Hahn at [CarolHahnRN@gmail.com](mailto:CarolHahnRN@gmail.com) or (310) 612-9064