



SUPPORT FOR ADULTS WITH MEMORY LOSS AND THEIR FAMILIES

Powerful Tools for Caregivers

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 Wednesdays April 21, 2021 – May 26, 2021

Location: Online via Zoom

Time: 11am – 12:30 PM 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.

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