



2015

CAREGIVER SUPPORT SERIES

Caregiver Survival 101: Caring for Someone with Dementia – Reducing Your Stress

THURSDAY, JANUARY 29, 2015

5:30 PM – 7:00 PM

Riding the roller coaster of dementia care? If the emotional ups, downs, & loop-di-loops are making your head spin, our Caregiver Survival series is for you! Topics include:

- The major challenges of dementia care
- Responses and reactions to reduce your stress
- Self-care activities and mini-support group
- Resources for coaching and support

No Fee. Advanced registration required.

Class intended for family caregivers or those dealing with the challenges of aging.

To register for class, call:

866.760.1808

or email:

info@eldercareanswers.com

Location:

ELDERCARE SERVICES

1808 Tice Valley Blvd.
Walnut Creek, CA 94596

Caring for an Aging Family Member

2ND THURSDAY OF EVERY MONTH

6:00 PM – 7:30 PM

MONTHLY SUPPORT GROUP

Addressing the fears of Alzheimer's disease and other issues associated with aging.

No Fee. No registration required.



About the Instructor:

Linda Fodrini-Johnson

Linda is a Licensed Family Therapist and Certified Care Manager. She has been a Professional Care Manager since 1984 and in 1989, she founded Eldercare Services in Walnut Creek, California. Now a full-service care management care company that employs highly-skilled Professional Certified Care Managers and over 250 employees, Eldercare Services has been providing San Francisco Bay Area families with Care Management, Home Care Service, advocacy, counseling, support groups and education for over 25 years.



Accredited by The Joint Commission

