



Southern Caregiver Resource Center
Caring for those who care for others

Southern Caregiver Resource Center

Offers **FREE** CLASSES for family caregivers

Caring for a loved one with memory loss, Alzheimer's or other Dementia?

REACH2CAREGIVERS classes are an educational series offered to family caregivers. Come and learn more about memory loss, helpful resources available in your community, communication skills, stress management techniques and how to better care for yourself and your loved one.



In partnership with:



To take the **REACH2CAREGIVERS** classes, it is required that you register in advance. For more information please call:

Southern Caregiver Resource Center

PH: (800) 827-1008 or (858) 268-4432

Fax: (858) 268-7816

scrc@caregivercenter.org

www.caregivercenter.org

To register please call:

Lupita Garcia, Community Outreach Worker

PH: (619) 493-6434 | Email: Ggarcia@caregivercenter.org



The **REACH2CAREGIVERS** program is funded by the county of San Diego Health & Human Services Agency, Behavioral Health Services (MHS/OA PEI), Caregivers of Alzheimer Disease and other Dementia Client Support Services.



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Ofrece CLASES GRATUITAS para cuidadores Familiares

¿Cuida usted de un familiar que sufre de pérdida de memoria, la enfermedad de Alzheimer o Demencia?

- ✓ El programa **CALMA** es una serie educativa para cuidadores familiares. Venga y aprenda más acerca de la pérdida de memoria, recursos disponibles en su comunidad, estrategias de comunicación, técnicas para el manejo del estrés y cómo cuidar mejor de usted mismo y de su serquerido.



En colaboración con:



Para asistir a las clases de **CALMA** es necesario que se registre con anticipación. Para más información comuníquese a:

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Para registraciones comuníquese con:

Lupita Garcia, Promotora
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