



When & Where are Classes Held?

WHEN:

The program is a six-week series that meets for two hours each week.

WHERE:

Classes are held at:
Valley Caregiver Resource Center
5363 N. Fresno Street
Fresno, CA 93710

PLEASE NOTE:

Class size is limited. Registration is required.
Some financial assistance is available for respite care.
This class is not for professionals or volunteers.



"This class covered so many subjects that I find useful and now I have an important reference material I can depend on."



5363 N. Fresno Street, Fresno, CA 93710
800-541-8614 | 559-224-9154



Taking Care of You...

Powerful Tools For Caregivers

A Class For Family Caregivers

*"After taking this class I am a more confident caregiver!
Having tools to resolve problems is a definite advantage
in becoming a better caregiver and a happier, wiser,
healthier me... and a healthier us!"*

-Peggy, caring for mother



Taking Care of You...

Who Is This Class For?

Taking Care of You: *Powerful Tools for Caregivers* is to help family caregivers take care of themselves while caring for an older relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

What Does The Class Cover?

This class will give you, the family caregiver, tools to:

- Help you reduce stress
- Communicate effectively with other family members, your doctor, and paid help
- Take care of yourself
- Reduce guilt, anger and depression
- Help you relax
- Make tough decisions
- Set goals and problem-solve

**Please note that this class will NOT focus on the disease process.*

Includes: How To Do It Book!

Each class participant will receive a book to accompany the class content. This book contains 21 chapters including:

- Hiring in-home help
- Helping adults with brain impairments
- Making legal & financial decisions
- Making decisions about care facility placement
- Understanding depression
- Making decisions about driving

Feedback

We will be asking you for feedback about how the program will benefit you and other caregivers. Your participation will make a difference!

"About the time class began, I was at my wits end. The communication tools work toward maintaining a better atmosphere and contribute to improved attitudes for both of us... it will never be easy, but is easier than it was 6 weeks ago."

Contact Us

5363 N. Fresno Street, Fresno, CA 93710

Phone: (559) 224-9154 or (800) 541-8614

Email: info@valleycrc.org

Web: www.valleycrc.org

Office Hours: Monday – Friday 8am – 5pm

This class is offered at NO COST to class participants (*funded by grants from the Fresno-Madera Area Agency on Aging and the Department of Health Care Services*)
Involuntary contributions are greatly appreciated.

