



SOUTHERN CAREGIVER RESOURCE CENTER

In Partnership with
Accredited Home Care Services
Present

“Caregiver Workshop: Caring Through the Holidays”

In Collaboration with Partners in Caring Members:
Elder Law and Advocacy
The Glenner Memory Care Centers
Jewish Family Service

We invite you to attend this **FREE** informational workshop for family caregivers. Come and learn more about caregiving and communication techniques, obtain helpful resources and get answers to your most pressing questions.

December 4, 2014
5:00pm-7:30pm

St James Lutheran Church
866 Imperial Beach Blvd.
Imperial Beach, CA 91932

FOR MORE INFORMATION AND TO RSVP PLEASE CONTACT:

SOUTHERN CAREGIVER RESOURCE CENTER
1800-827-1008 OR (858) 268-4432



AGENDA

RESOURCE FAIR
5:00 PM—5:30PM

WELCOME
5:30PM—5:40PM

CAREGIVING THROUGH THE HOLIDAYS
5:40PM—6:10PM

FALL RISK PREVENTION
6:10PM—6:40PM

MEDICARE 101
6:40PM—7:10PM

RESOURCE FAIR
7:10PM—7:30PM

**SPECIAL THANKS TO OUR SPONSORS:
ACCREDITED HOME CARE SERVICES,
ELDER LAW & ADVOCACY,
THE GLENNER MEMORY CARE CENTERS, JEWISH FAMILY SERVICE,
ST. JAMES LUTHERAN CHURCH**

REFRESHMENTS PROVIDED