

2019 JOURNEY OF CAREGIVING CLASSES

ST. JUDE COMMUNITY
SERVICES BLDG.
FAMILY CAREGIVER
RESOURCE CENTER

130 W. Bastanchury Road
Fullerton, CA 92835



Caregiving Means Caring for YOU!

If you are caring for an adult who requires ongoing assistance (Alzheimer's, Stroke, Parkinson's, Chronic Illness, Dementia, Frailty, etc.), then this class is for you!

Learn to:

- ◇ Take Care of Yourself
- ◇ Help Reduce Stress
- ◇ Reduce Guilt, Anger, and Depression
- ◇ Communicate Effectively

FAMILY
Caregiver Resource Center
ORANGE COUNTY

Thursdays:
May 9, 16, 23
September 12, 19, 26
6:00 – 7:30PM

To register call:
(714) 446-5030
www.caregiveroc.org

St. Joseph Health 
St. Jude Medical Center
A member of the St. Joseph Hoag Health alliance

Part of a Statewide System of Caregiver Resource Centers serving family caregivers, contracted through the California Department of Health Care Services, and funds from the California Department of Aging Federal Older American's Act, as allocated by the Orange County Board of Supervisors.