VIRTUAL ZOOM EDITION

LACRC
LOS ANGELES CAREGIVER RESOURCE CENTER
A Program of the USC Family Caregiver Support Center

Taking Care of You:
Powerful Tools for Caregivers

Do you care for a family member or friend with a chronic health condition like Parkinson's or Alzheimer's? Or who is living with the effects of a stroke?

Whether you are caring for a person who lives at home, in a nursing home, or across the country, **this class is for you.** This class will enable you to care more effectively for your loved one and ensure that you care for yourself, as well.

THIS SIX-WEEK VIRTUAL CLASS WILL GIVE YOU THE TOOLS TO:

» Take care of yourself
» Make tough (but important) decisions
» Help you reduce stress
» Reduce guilt, anger and depression
» Build communication skills
» Set goals and problem-solve

UPCOMING VIRTUAL CLASSES

EVENT IS FREE - REGISTRATION REQUIRED

Mondays
March 24 - April 28, 2025
10:00 AM - 12:00 PM PT

Instructors: Veronica S. Perez & Angie Yeh

This class will be 6-weeks long with all sessions held virtually on Zoom

CLICK HERE TO REGISTER

*** Must be an LA County resident ****
**** 6-week series open to LACRC clients only ****

or use this URL: https://tinyurl.com/PTC-March2025

For more information or questions, please email us at fcscgero@usc.edu or call us at 1-800-540-4442