



CARE PATHWAYS: VIRTUAL CLASSES FOR FAMILY CAREGIVERS

**HOSTED BY THE
RIVERSIDE COUNTY OFFICE ON AGING**

**Feeling stressed out about your
caregiving situation? You're not alone!**

Join other family caregivers and one of our experienced facilitators for a **FREE** 11 week virtual series on Zoom. During each session we will discuss different topics that affect caregivers such as: *Stress, Dementia, Alzheimer's, Caregiver Burnout, Legal & Financial Issues and more.* Each session will be 2 hours. The workshops are provided in a support group setting. We ask that you please commit to attend all 11 sessions. Respite may be available.

Never used Zoom? Don't have a computer? Don't worry!
We'll walk you through the steps on how to participate!

**To RSVP please call (951) 867-3800 or
send an email to sdietzenbach@rivco.org**

**11 WEEK
VIRTUAL SERIES
FOR FAMILY
CAREGIVERS
DATES & TIMES**

**EVERY
MONDAY**

**JULY 6TH TO SEPT 21ST
6PM TO 8PM**

***NO CLASS ON SEPT 7 DUE TO
THE LABOR DAY HOLIDAY**

**EVERY
TUESDAY**

**JULY 7TH TO SEPT 15TH
9:30AM TO 11:30AM**

**EVERY
WEDNESDAY**

**JULY 8TH TO SEPT 16TH
2:00PM TO 4:00PM**

**EVERY
THURSDAY**

**JULY 9TH TO SEPT 17TH
10:00AM TO 12:00PM**
