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## Family Caregiver Alliance®

Linking you to caregiver resources, classes, and important information at [www.caregiver.org](http://www.caregiver.org)

### Upcoming Online Classes and Events

#### COVID-19 Webinar Series for Caregivers, Consumers, and Families

*The first three webinars listed here are co-sponsored by the San Francisco Department of Disability and Aging Services.*

#### Staying Well Together

These are challenging times for all of us and this is especially true for those caring for someone who needs functional or cognitive support. This webinar will review the basics of the coronavirus (COVID-19), how to take precautions against its spread, how to be well while sheltering in place, and how to adjust to caregiving responsibilities during this time. The end of the webinar will focus on ways to feel connected and supported despite having to observe physical distancing.

This webinar will be presented by:

- **Anna H. Chodos**, MD, MPH, Assistant Professor of Medicine, Division of Geriatrics, UCSF
- **Ria I. Mercado**, RN, MSN, PHN, Quality Management Services Director, San Francisco Department of Disability and Aging Services

**When:** Thursday, April 9, Time

**Cost:** No charge

**Registration:** [Click here](#)

**Short on time?** Go online to answer a 15-minute questionnaire that gets you services and answers quickly. You can also set up time to talk with our staff at your convenience. [Click here.](#)

**It is easy, fast and only a click away.** Our professional staff offer personal and convenient consultation on your caregiving concerns via secure video. If you already use FCA services, ask your family consultant to set up a telehealth visit.

**Learn more.** For more information on caregiving services, resources, and tips visit us online.

**Coronavirus resources.** For a continually updated list of coronavirus-related caregiver resources, [click here.](#)

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