

Powerful Tools

This class offers skills and tools for family caregivers of those with a chronic condition like Alzheimer's, Parkinson's, or stroke. Participants will learn how to: reduce stress, make hard caregiving decisions, communicate more effectively, and prevent burnout. Open to San Francisco Bay Area residents.

When: Thursdays, March 25, April 1, 8, 15, 22, and 29, from 2 to 3:30 p.m.

Cost: No charge

Registration: [Click here](#)

Contact: Jasmine Ng, jng@caregiver.org



Registration is open to family caregivers in the San Francisco Bay Area. (Alameda, Contra Costa, Marin, San Francisco, San Mateo, at Santa Clara counties).



FCA supports and assists caregivers of adults with chronic or disabling health conditions regardless of race, ancestry, national origin, creed, gender, gender identity, religion, sexual orientation, disability, income, or age. FCA is part of California's statewide system of nonprofit Caregiver Resource Centers, offering information, education, publications, care planning, legal/financial consultations, and respite assistance. For more information about FCA, call 800-445-8106 or visit www.caregiver.org.