



5363 N Fresno Street • Fresno, CA 93710
(559) 224-9154 • (800) 541-8614

**Keeping you and your loved one safe during COVID-19.
We are offering our Caregiver Education Classes either online or by phone.
To register, please call us at (559) 224-9154 or (800) 541-8614.
Pre-Registration is required.**

Once registered, you will then receive assistance and information on how to join online or by phone.

**Para registrarse favor de llamar a Valley Caregiver Resource Center
(559) 224-9154 o (800) 541-8614.**

Class Schedule For April 2021

Caregiving 101- En Español Cuidadores de familia aprenderán herramientas que pueden reducir el estrés del cuidado. Estas herramientas permitirán al cuidador adaptarse a los cambios en los roles y expectativas de la familia, planificar una reunión familiar y mejorar la comunicación general con los miembros de la familia.	Jueves, 29 de Abril, 2021 2:00 p.m.-3:30 p.m.
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Class Schedule For May 2021

Caregiving 101 To Place or Not to Place Deciding if, when, and where to place a loved one in or out of home care can be a heart-wrenching experience. Many family caregivers continue providing care far beyond their physical and emotional capabilities before they even consider the long-term placement of their impaired relative. Placement may become the most realistic way to provide the best level of care and the only way to relieve a caregiver's overwhelming burden.	Thursday, May 6, 2021 2:00 p.m.-3:30 p.m. Thursday, May 20, 2021 2:00 p.m.-3:30 p.m.
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Class Schedule For June 2021

Emergency Planning for Caregiving	Tuesday, June 1, 2021 2:00 p.m.-3:30 p.m.
Dementia-Proof Your Home	Thursday, June 17, 2021 2:00 p.m.-3:30 p.m.
Making Mealtime Easier	Tuesday, June 29, 2021 2:00 p.m.-3:30 p.m.

Part of a Statewide System of Caregiver Resource Centers serving family caregivers, contracted through the California Department of Health Care Services, and grants from various Area Agencies on Aging in Fresno-Madera, Kern, Kings-Tulare, and Merced.

VCRC educational classes are not open to providers, volunteers or for patients.