



SUPPORT FOR ADULTS WITH MEMORY LOSS AND THEIR FAMILIES

Powerful Tools for Caregivers

Are you responsible for the care of a loved one?

In this program, you will acquire the tools you need to care for yourself

You will learn techniques to:

- Reduce personal stress.
- Communicate your needs effectively.
- Manage emotions when coping with difficult situations.



This FREE program consists of 7 consecutive classes
REVISED DATES: Fridays, starting on May 9, 2025 – June 20, 2025

Location: Virtual on Zoom

Time: 10am – 12:00pm Pacific Time

Instructors: Monica Moore and Saira Reyes

Space is limited, please register on or before May 6, 2025
to Stephanie Rubinstein; Stephanie@opica.org – Phone: 310-478-0226 ext. 111
(reference this class when registering or leaving a message)

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