



SUPPORT FOR ADULTS WITH MEMORY LOSS AND THEIR FAMILIES

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# Powerful Tools for Caregivers

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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 class on Seven consecutive Fridays, starting on May 2, 2025 – June 13, 2025

**Location:** Virtual on Zoom

**Time:** 10am – 12:00pm Pacific Time

**Instructors:** Monica Moore and Saira Reyes

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**Space is limited, please register on or before April 28, 2025**

**to Stephanie Rubinstein; [Stephanie@opica.org](mailto:Stephanie@opica.org) – Phone: 310-478-0226 ext. 111**  
**(reference this class when registering or leaving a message)**

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