

6 workshops for El Dorado County caregivers

El Dorado County Health and Human Services Agency is putting on a six-week program for caregivers.

The series topics include:

Feb. 24 – Taking Care of You

March 3 – Identifying and Reducing Personal Stress

March 10 – Communicating Feelings, Needs, and Concerns

March 17 – Communicating in Challenging Situations

March 24 – Learning From Our Emotions

March 31 – Mastering Caregiving Decisions

The program will be from 2-3:30pm at the El Dorado Hills Senior Center, 900 Lassen Lane.

The trainings in the educational series will provide caregivers of older adults with tools and strategies to assist them in handling the unique challenges they face.

Class size is limited and registration is required – 530.621.6192. The training series is offered at no cost; donations are accepted.