

# Caregiver classes in El Dorado County

The El Dorado County Health and Human Services Agency, Senior Health Education Program and Family Caregiver Support Program are putting on a series of classes titled Powerful Tools for Caregivers.

This six-week program will be from 2-3:30pm each Wednesday from May 25-June 29 at the Placerville Senior Center.

The training will provide caregivers aged 60 or older with tools and strategies to assist them in handling the unique challenges they face. The series topics include:

- May 25 – Taking Care of You
- June 1, 2018 – Identifying and Reducing Personal Stress
- June 8 – Communicating Feelings, Needs, and Concerns
- June 15 – Communicating in Challenging Situations
- June 22 – Learning From Our Emotions
- June 29 – Mastering Caregiving Decisions

Participants are encouraged to attend all six sessions; certificates of completion will be presented at the end of the series. The training is comprehensive and evidence-based. Respite is available to qualified caregivers; pre-authorization is required.

Class size is limited and registration is required. The training series is offered at no cost; donations are accepted. Call 530.621.6192 to register or for questions.