



Are you helping care for a family member over the age of 60?

FREE Online Classes for family caregivers!



CARE PATHWAYS Can Help

- **FREE** program delivered in a series of workshops
- **FREE** support & referrals to community resources
- Respite may be available

Get answers about Dementia, Alzheimer's, Parkinson's, Communicating Effectively, Managing Stress, Legal Issues, Grief & Loss, How to Care for an Older Adult & much more...

Classes will be hosted during different days and times, including evenings.

**To register, call
(951) 867-3874**

**Classes start
week of
September 21
on Zoom**

Technical assistance will be provided for those unfamiliar with the online