



SUPPORT FOR ADULTS WITH MEMORY LOSS AND THEIR FAMILIES

Powerful Tools for CAREgivers

Are you responsible for the care of a loved one?

Acquire the tools you need to Care for Yourself as Well

You will learn techniques to:

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



Series is offered six Mondays from
August 20, 2018 – October 1, 2018
(No class on Monday, September 3, 2018)

Location: OPICA – 11759 Missouri Ave., Los Angeles 90025

Time: 4:00 – 5:30 PM

Instructors: Carol Hahn, MSN, RN and Meredith Rossi, Reg. Assoc., MFT

This program is free of charge thanks to the generous support of OPICA's donors.

For more information and/or to register for this program
please visit OPICA's website or contact Carol Hahn at (310) 612-9064

OPICA – Adult Day Program and Counseling Center
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