



Riverside County Office on Aging
is hosting *Care Pathways*, a series of
free family caregiver workshops being
offered throughout Riverside County

- Are You a Family Member Caring for an Older Adult?
- Do You Need Support and Resources?
- Having Trouble Coping ?

**Get Answers about Dementia, Communicating Effectively,
Managing Stress and much more...**

**This series of twelve classes will provide much needed information
& support as you continue through the caregiving journey**

Las clases también están disponibles en Español



**Pre-Registration
Required !**

**800-510-2020 or
951-867-3800**

Space is Limited



*Funding is provided by the Riverside University Health System - Behavioral Health
through the Mental Health Services Act.*

This program was recently recognized as a  through the Ash
Center for Governance and Innovation at Harvard Kennedy School.

