



## Taking Care of YOU: Powerful Tools for Caregivers

- What:** A 6 session workshop for family caregivers to help you:  
*Learn to Relax | Reduce Stress | Communicate Effectively  
Reduce Guilt, Anger, and Depression | Make Difficult Decisions*
- When:** Six Tuesdays: October 3, 10, 17, 24 and 31 & November 7  
**Attendance at all 6 sessions is expected.**
- Time:** 9:30 am to 12:00 pm
- Where:** Friendship Adult Day Care Center  
89 Eucalyptus Lane, Montecito (Exit 93 from Hwy. 101)  
*Respite Care is available – **please let us by September 12th if needed***
- Who:** CCRC Family Consultant Carol Bress, MA and Gabriela Dodson, LCSW, Director of Clinical Services, Hospice of Santa Barbara
- Limited:** The class is limited to the first 15 persons who register. Unpaid caregivers connected with **Coast Caregiver Resource Center** and/or **Friendship Adult Day Care Center** are receiving advance notice. After September 5th, registration will be open to other caregivers in the community.
- How:** Complete the form below & send with your check or request for scholarship. Suggested donation is \$35.00 (includes "The Caregiver Helpbook").

For information, contact 805-569-8950: Carol Bress- Ext. 4 or Aeron Hart: Ext. 2  
Or email: [cbress@sbch.org](mailto:cbress@sbch.org) or [ahart@coastcrc.org](mailto:ahart@coastcrc.org)

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### Taking Care of YOU: Powerful Tools for Caregivers Registration form for CCRC Clients

Name: \_\_\_\_\_ Phone# \_\_\_\_\_ Cell # \_\_\_\_\_

Address: \_\_\_\_\_ I need respite to attend \_\_\_\_\_

Email Address: \_\_\_\_\_

\_\_\_\_\_ \$35.00 Registration Enclosed

Scholarship in the amount of \$\_\_\_\_\_ requested.

Mail to: CCRC, C/O Cottage Rehabilitation Hospital, 2415 De la Vina, Santa Barbara, CA 93105