

Caregiver Survival Training

With **Elaine Sanchez**, author of *Caregiver's Survival Training Journal*
and *Letters from Madelyn, Chronicles of a Caregiver*

Workshops open to family and friend caregivers of adults with
disabling conditions, including neurological disorders
and cognitive impairments of any kind.

Camarillo	Tuesday, September 26th	10:30 am – 4:30 pm
Santa Barbara	Wednesday, September 27th	11 am- 5 pm
San Luis Obispo	Thursday, September 28th	10 am- 4 pm

Registration fee of \$25 includes lunch and Caregiver's Survival Training Journal.

Scholarships are available. Respite care may be available.

Respite requests need to be submitted no later than August 25th.

Supported in part by the generous sponsorship of
Cottage Rehabilitation Hospital Foundation and the Arthur N. Rupe Foundation

To register, please return the form below
with a check or scholarship request to:
CCRC, 2415 De la Vina, Santa Barbara, CA 93105
Phone: 805-569-8950 | email: info@coastcrc.org



**Coast Caregiver
Resource Center**

A COTTAGE REHABILITATION HOSPITAL PROGRAM

CCRC is proud to be celebrating our 30 year anniversary



Name: _____

Phone: _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

I wish to attend the training in:

- ☐ Camarillo
☐ Santa Barbara
☐ SLO

- ☐ I have enclosed a check
to hold my place **OR**
☐ I am requesting a scholarship
in the amount of:

- ☐ I would like to speak to
someone about respite care