



JOIN US FOR A FREE LUNCH AND LEARN SEMINAR

to gain resources and practical information for yourself or to help you become a better caregiver.

PLEASE REGISTER BY CALLING 209.578.6300.

2023 Calendar

January 18, 2023

HOME SAFETY AND MODIFICATIONS

Home improvements to keep older adults in their home.

March 15, 2023

HEALTHCARE DIRECTIVES

What are they and what should I have in place.

May 17, 2023

NEW TO CAREGIVING

Resources and support for those who are new to the caregiving role.

July 19, 2023

STRESS

What is it and how does the body physically and emotionally respond.

September 20, 2023

EXPERIENCING GUILT

Advice for family caregivers experiencing guilt or regret regarding decision making.

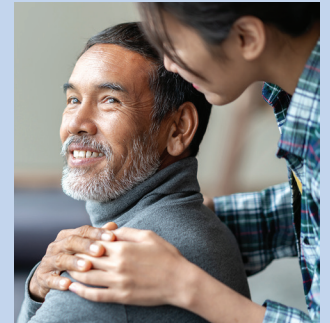
November 15, 2023

GRIEF

Advice and tips for caregivers grieving the loss of a loved one.



ASK ABOUT OUR FREE CAREGIVER TOOLKIT – a complete resource guide!



hospiceheart.org

CommunityHospiceCV HospiceHeart Chi_CommunityHospice Community Hospice

JOIN US IN PERSON: 4368 Spyes Way Modesto, CA 95356 Free lunch provided

OR JOIN US ON ZOOM: bit.ly/3VdBz1y Passcode: 666336

12:00 - 1:00 P.M.