



# Caregivers CAN

*Connect~Adapt~Navigate*

**6-Week Class Series**

*Call*

**800-900-8582**

*for upcoming  
class dates*

March 20<sup>th</sup> – April 24<sup>th</sup>  
Tuesdays  
9:30AM – 12:30PM

*More details*



**Wellness & Caregiver**  
Center of Ventura County

Caring for a loved one can be physically and emotionally demanding. This series (formerly Tools for Caregiving) was developed with the needs of family members in mind. Engaging, experienced guest speakers are featured each week to present on topics such as self-care, aging, understanding memory loss, elder law, and long-term care. Participants will gain an understanding of community resources and strategies to successfully navigate their role as caregivers.

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Need care for your  
loved one in order to  
attend the class?

Ask about our  
**FREE** respite  
services.

CAMARILLO HEALTH CARE DISTRICT

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