

CAREGIVERS MATTER

A Conference for Family Caregivers

Join San Mateo County Caregivers Collaborative for a day of self-care, gathering valuable resources, and connecting with a community of family caregivers! Learn how to care for yourselves while caring for others. There is no cost to attend the conference, but registration is required. Light breakfast and lunch are included. Interpretation available in Spanish and Mandarin.



WORKSHOP TOPICS:



- ▶ Self-Care Tips
- ▶ Advance Care Planning
- ▶ Yoga
- ▶ Fall Prevention
- ▶ Legal Planning
- ▶ Drumming
- ▶ Brain Health
- ▶ Dance Therapy



DETAILS:

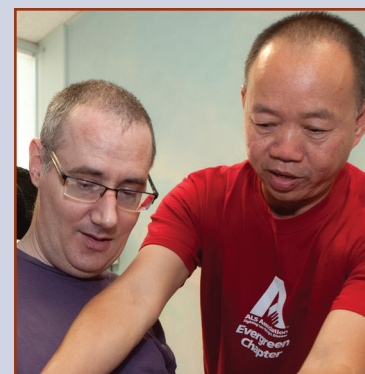
WHO: For those caring for an older adult, someone with dementia or chronic health issues, or grandparents or older relatives raising children

WHAT: A FREE event to help caregivers learn to care for themselves while caring for others – respite may be available

WHERE: Crowne Plaza Foster City, 1221 Chess Drive, Foster City 94404
Free on-site parking

WHEN: Saturday, November 11, 2023, 9:30 am – 2 pm

WHY: Learn about self-care, find resources, and build connections



REGISTRATION:

Save your spot now at
www.smccaregiverscollaborative.org,
or use the qr code.

San Mateo County Caregivers Collaborative members include: Alzheimer's Association, Catholic Charities Adult Day Services, Coastside Adult Day Health Center, Edgewood Kinship Support Services, Family Caregiver Alliance, Kimochi, Legal Aid Society of San Mateo County, Mission Hospice & Home Care, Rosener House Adult Day Services, San Mateo County Public Authority for IHSS, Seniors at Home, and South San Francisco Adult Day Care Center. Funded by Aging and Adult Services.