

Caregiver Skills & Support

FREE CLASSES FOR CAREGIVERS

The Confident Dementia Caregiver

2-day class

Feel comfortable and knowledgeable when caring for someone with dementia. Learn about the causes of various types of dementia, appropriate interventions, and how to work with common behaviors of those with memory loss. Explore realistic approaches to aggressive, repetitive, agitated, and combative behavior.

Instructor: Renee Chevraux

Session 1: November 1 & 2, 2017

Session 2: May 2 & 3, 2018

Time: 1:00-4:00 pm

Disaster Preparedness

Disaster can strike at any time without warning. Being prepared is essential to protect yourself and the person you care for. Learn how to make a plan and stick to it to.

Instructor: Chris Espedal

Date: Tuesday, November 14, 2017

Time: 3:30-5:00 pm

Disease Transmission & Universal Precautions

Protect yourself and your loved one from disease transmission and other safety hazards.

Instructor: Chris Espedal

Date: Tuesday, March 13, 2018

Time: 3:30-5:00 pm

Tools to save your time.
Self-care to save your life.

Safe Lifting & Transferring

You don't have to be a bodybuilder to lift someone safely. Learn safe lifting and transferring techniques to move someone into and out of a car, chair, bed, or bathtub without hurting her or yourself.

Instructor: Chris Espedal

Date: Tuesday, October 3, 2017

Time: 3:30-5:00 pm

Healthy & Delicious Meals on a Budget

4-week Class

Eat your way through this four-week series of fun, interactive classes that will get you excited about cooking again.

Learn how to create delicious meals with simple grains, fruits, and vegetables and cook on a budget without sacrificing flavor.

Instructor: Wendy Van Wagner

Dates: Wednesdays, September 6, 13, 20, & 27, 2017

Time: 10:30-11:30 am

Self-Care & Stress Reduction

Make self-care a priority and improve your mental, emotional, and physical health. Identify sources of strength, such as healthy activities, family, mentors, and friends to help minimize stress.

Instructor: Chris Espedal

Date: Tuesday, February 13, 2018

Time: 3:30-5:00 pm



Practicing Peace: Stress Management for Life

4-week Class

Get the tools you need to minimize the emotional and physical effects of stress and create a more peaceful approach to current challenges. Overcome your stress through humor, relaxation, self-care, and group support.

Instructor: Marge Kaiser

Session 1: Thursdays, October 5, 12, 19, & 26, 2017

Session 2: Thursdays, April 5, 12, 19, & 26, 2018

Time: 2:30-4:30 pm

ABOUT US

Connecting Point is a public agency dedicated to providing programs and services that support the health and independence of people in our community. We have served seniors and people with disabilities and their caregivers since 2003.

EVENTS & CLASSES

Check out www.connectingpoint.org/events to get the most up-to-date information on all of our upcoming events and classes. Register online or by phone at **530-274-5601**.



208 Sutton Way
Grass Valley, CA 95945



530-274-5601



connectingpoint.org



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Registration

All classes are free and open to the public.

TO REGISTER

Call Karen Bellanti at 530-274-5601 or register online at www.connectingpoint.org/events.

CLASS LOCATIONS

All in-person classes will be held at the Connecting Point office:

208 Sutton Way
Grass Valley, CA 95945



connecting point
community services central