



# CARE PATHWAYS: VIRTUAL CLASSES FOR FAMILY CAREGIVERS OF OLDER ADULTS

**HOSTED BY THE RIVERSIDE COUNTY OFFICE ON AGING**

**Feeling stressed out about your caregiving situation? You're not alone!**

Join other family caregivers and one of our experienced facilitators for a **FREE** 11 week virtual series on Zoom. During each session we will discuss different topics that affect caregivers such as: *Stress, Memory Impairment, Legal & Financial Issues and more*. Each session will be 2 hours. The workshops are provided in a support group setting. We ask that you please commit to attend all 11 sessions. Respite may be available.

**Never used Zoom? Don't have a computer? Don't worry!** We'll walk you through the steps on how to participate!

**To RSVP please call (951) 867-3800 or send an email to [sdietzenbach@rivco.org](mailto:sdietzenbach@rivco.org)**

## **11 WEEK VIRTUAL SERIES FOR FAMILY CAREGIVERS DATES & TIMES**

---

### **EVERY MONDAY**

**JAN. 11<sup>TH</sup> TO APRIL 5<sup>TH</sup>  
10AM TO 12PM**

**\*NO CLASS ON JAN 18<sup>TH</sup> AND FEB. 15<sup>TH</sup>**

---

### **EVERY MONDAY**

**JAN. 11<sup>TH</sup> TO APRIL 5<sup>TH</sup>  
6PM TO 8PM**

**\*NO CLASS ON JAN 18<sup>TH</sup> AND FEB. 15<sup>TH</sup>**

---

### **EVERY TUESDAY**

**JAN. 12<sup>TH</sup> TO MAR. 23<sup>RD</sup>  
10AM TO 12PM**

---

### **EVERY WEDNESDAY**

**JAN 13<sup>TH</sup> TO MAR. 24<sup>TH</sup>  
2:00PM TO 4:00PM**

---

### **EVERY THURSDAY**

**JAN. 7<sup>TH</sup> TO MAR. 18<sup>TH</sup>  
2PM TO 4PM  
(SPANISH CLASS)**

---