

The California Caregiver Resource Centers Present Navigating Your Caregiving Journey: Tips, Resources, and Self-Care

Do you have questions about what a family caregiver is - and if you are one?

In celebration of **National Family Caregivers Month**, join us virtually to learn more about caregiving, how to make sure you care for yourself in the process, and get connected with valuable local resources for your specific situation.

You do not want to miss out on this engaging and informative event. Register today!



Mark Your Calendars

**THURSDAY,
NOVEMBER 19th
4:00-6:00PM**



Join us virtually & RSVP at:
caregivercalifornia.org/event

REGISTER NOW

This event is proudly brought to you by the 11 CA CRCs:



For more information and to connect with your local center visit: www.caregivercalifornia.org