



Stress, Resilience, & Positivity: Finding Balance

What is resilience, and why is it important when coping with stress? How do we build resilient family caregivers who can cope and manage stress in positive ways? Please join us for a 4-week class designed to help family caregivers find positive ways to cope with stress, build resilience, and embrace positive thinking.

WHO: Family caregivers of a loved one with a chronic condition

WHAT: Four-week education series about stress management

WHEN: April 17th - "Stress, Coping, & Gratitude"
April 24th - "Exploring Family Dynamics"
May 1st - "Making Family Decisions"
May 8th - "Embracing Positivity"

TIME: 2:00-4:00 PM

WHERE: The Kensington Sierra Madre
245 W Sierra Madre Blvd, Sierra Madre, CA 91024

FEE: Generously sponsored by The Kensington Sierra Madre

REGISTER: Please call the Yvonne Kuo 213-821-6919 or
Jenny Peterson 213-821-6908 at the USC Family Caregiver
Support Center for more information or to register.

