

CAREGIVER Support *and* Resources

Chico Redding
530.898.5925 530.221.1900

COUNTIES SERVED:

**Butte | Colusa | Glenn | Lassen | Modoc | Plumas
Shasta | Siskiyou | Tehama | Trinity**

Caregiving can be a challenging job.

YOU ARE A FAMILY CAREGIVER IF:

You are a Daughter, Son, Spouse, or
other Relative who assists a loved one with any of the following

Personal Care | Finances | Driving
Shopping | Medications
Meal Preparation

PASSAGES Caregiver Resource Center is dedicated to serving
families and individuals who provide care for brain impaired
adults and frail elderly.

PASSAGES Caregiver Resource Center can assist you with:

- Information • Support Groups • Family Consultations
- Education • Workshops

www.PassagesCenter.org

Passages Caregiver Resource Center is funded by the California Department of Healthcare Services, the Area Agency on Aging (PSA2, PSA3), and the California Department of Aging.



UPCOMING EVENTS

Sleep & Dementia - Deborah Bier

March 20th

Chico State BMU 210

10 am - 12 pm

**HOW CAREGIVERS CAN REPLACE
GUILT AND BURN-OUT WITH
GRATITUDE AND STRESS RELIEF -**

Sherri Snelling

May 7th

Butte Creek Country Club

10 am - 12 pm

CO- SPONSORED EVENTS

**Understanding & Managing
PTSD & TBI - Dr. Blair Cano**

February 28th

Enloe Conference Center

8:30 am - 12 pm

**Alzheimer's Association Annual
Conference - Jolene Brackey**

April 3rd

Masonic Hall