

# Family Caregiver Survival Guide

**Free Four-Part Workshop**  
**David Robinson, Eldercare Resources**

**Tuesday Nights**  
**April 6 through April 27**  
**6:00 pm to 7:30 pm in Centralia**

## Common Problems of Caregiving

April 6, 2010

## Common Problems: Strategies & Solutions

April 13, 2010

## How to Avoid Feeling Stuck

April 20, 2010

## Exploring Options/Trusting My Decisions

April 27, 2010

**\*\*\* WORKSHOP IS FREE TO UNPAID FAMILY CAREGIVERS \*\*\***

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### **For More Information or To Register:**

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**\*\*\* RESERVATIONS ARE REQUIRED \*\*\***