



## **Who Will Care For The Caregiver In Us????**

*Free Class*

***Are you providing care to your loved one, your child, you parents???***

***\*Do you have children who have special needs of any kind, do you have aging, ill family members, do you have foster children who require extra support due to previous health or life experiences?  
Are you providing care to families in these situations?\****

***Are you in the caring/helping professions???***

***These are admirable paths, caring for others....***

***How Do You Care For Yourself?***

***How Do You Refill Your Energy?***

***This Class is For You!***

***\*Shyla Steen, LCSW\****

***(Shyla Steen, LCSW Counseling Services)***

***Will facilitate this helpful***

***Informative and Fun class***

***She has 20 plus years of experience in Clinical Social Work, Medical Social Work, Mental Health, Aging and Developmental issues.***

***She has provided guidance to many people on this dynamic journey of caring for our loved ones and ourselves....She "gets it" She's been there!***

***Come check out the class and meet others who are in similar situations, learn coping and find resources***

***You Are Not Alone!***

***What: Free Class -Caring For The Caregiver In Us! \*\* (Adults only)\*\****

***When: 12/8/2018***

***Saturday ---9-11 am***

***Where: University Covenant Church (Upstairs Youth Room) -Non Denominational Class/All Welcome- 315 Mace Blvd. Davis Ca 95618***

***\*Space is limited please RSVP by 11/28/2018 \*first 90 people to RSVP will have a spot in the class\****

***RSVP-With name, agency name (if appropriate) and number of people attending to [shyla.steen4@gmail.com](mailto:shyla.steen4@gmail.com)***

***Question?? Call (530) 902-0564***

