

# Resource Spotlight

USC Leonard Davis  
Family Caregiver Support Center

**K**nowledge is power for caregivers. Have you ever heard the saying, “What you don’t know can hurt you”? What you don’t know is often the missing piece of information that will complete the puzzle. Caregivers who feel they are knowledgeable about a particular topic are less stressed and feel more confident in their caregiving abilities. Providing information about important caregiving issues is one of the many ways USC Family Caregiver Support Center works to empower caregivers, families, and communities.

In addition to learning more about caregiving issues, our community education workshops help participants meet others experiencing similar situations, introduce resources to assist with caregiving, and offer opportunities to speak with our experienced staff and guest speakers.

Our “Caregivers Are Learning More” (C.A.L.M.) Series are monthly educational opportunities to support and empower caregivers with knowledge. There are several different locations throughout Los

*continued on next page* →

## CALENDAR OF EVENTS:

- **August 1st, 1:00-2:30 PM: Santa Fe Springs Support Group (Presented in Spanish)**  
Location: Gus Velasco Neighborhood Center  
9255 S. Pioneer Blvd., Santa Fe Springs, CA 90670
- **August 6th, 6:00-7:30 PM: Rancho Palos Verdes Support Group**  
Location: Mary & Joseph Retreat Center  
5300 Crest Rd., Rancho Palos Verdes, CA 90275
- **August 7th & 21st, 1:00-2:30 PM: Pasadena Support Group**  
Location: Pasadena Senior Center  
85 E. Holly St., Pasadena, CA 91103
- **August 7th, 2:00-4:00 PM: “Stress, Resilience & Positivity” (Sierra Madre)**  
Location: The Kensington Sierra Madre  
245 W. Sierra Madre Blvd., Sierra Madre, CA 91024  
**REGISTRATION IS REQUIRED. Please call Yvonne Kuo (213-821-6919) or Jenny Peterson (213-821-6908) to register.**
- **August 8th, 4:30-6:00 PM: Claremont Support Group**  
Location: Claremont Manor Care Center (OT Room)  
621 W. Bonita Ave., Claremont, CA 91711
- **August 8th, 6:00-7:30 PM: SPANISH Telephone Support Group**  
Please register by calling toll-free (855) 872-6060.
- **August 13th & 27th, 11:30 AM-1:00 PM: First AME Church Support Group (\*PEER-LED\*)**  
Location: First AME Church: Allen House  
2249 South Harvard, Los Angeles, CA 90018
- **August 14th, 10:00-11:30 AM: Rosemead Support Group**  
Location: California Mission Inn (Massie Hall)  
8417 Mission Dr., Rosemead, CA 91770
- **August 14th & 28th, 12:00-2:00 PM: USC Support Group**  
Location: LACRC@USC - Davis School of Gerontology
- **August 15th, 9:00-11:00 AM: “C.A.L.M. About: Forming a Social Support System” (Baldwin Park)**  
Location: Kaiser Permanente Medical Center  
1011 Baldwin Park Blvd., Baldwin Park, CA 91706  
Basement Conference Rooms
- **August 15th, 10:00 AM-12:00 PM: “C.A.L.M. About: Taking Care of You: Reclaiming Your Relationships” (Cerritos)**  
Location: Cerritos Senior Center  
12340 South St., Cerritos, CA 90703
- **August 21st, 10:00 AM-12:00 PM: Downey Support Group**  
Location: Remita Health  
12620 Erickson Ave., Downey, CA 90242
- **August 21st, 1:30-3:00 PM: Azusa Support Group**  
Location: Silverado Sierra Vista Memory Care Community  
125 Sierra Madre Ave., Azusa, CA 91702
- **August 22nd, 10:00 AM-12:00 PM: Caregivers’ Circle**  
Location: Potrero Heights Community & Senior Center  
8051 Arroyo Dr., Montebello, CA 90640
- **August 22nd, 10:00 AM-12:00 PM: Long Beach Support Group**  
Location: Grace First Presbyterian Church (Fireside Room)  
3955 Studebaker Road, Long Beach, CA 90808
- **August 22nd, 6:00-7:30 PM: Lake View Terrace Support Group (\*PEER-LED\*)**  
Location: Lake View Terrace Library  
12002 Osborne St., Lake View Terrace, CA 91342
- **August 22nd, 6:30-8:00 PM: Telephone Support Group**  
Please register by calling toll-free (855) 872-6060.
- **August 28th, 10:00 AM-12:00 PM: Pico Rivera Support Group**  
Location: Pico Rivera Senior Center  
9200 Mines Ave., Pico Rivera, CA 90660

*... continued from previous page*

Angeles County where we provide this educational series. The classes are designed to reach caregivers (whether or not they are clients of our program) to learn more about specific caregiving issues.

Each month, one of our Family Care Navigators either gives an educational presentation about different caregiving topics or invites a guest speaker to share their expertise. Past C.A.L.M. Series topics have included information about “Hiring In-Home Help,” “Fall Prevention,” “Navigating Family Dynamics,” “Home Safety,” and “Coping with Loss.” The series takes place in various locations around Los Angeles County and is open to the community.

Clients and community members alike are encouraged to join our C.A.L.M. classes, so feel free to bring friends or family members who you believe will benefit.

If you have questions about our C.A.L.M. Series, please contact your Family Care Navigator, go to our website at <https://www.fcscgero.org/>, or call 855.872.6060.

What new information will you be empowered with after attending our series? How will you integrate this information into your caregiving experience? We hope our topics are of interest to you and you will consider participating in our next series.



LACRC@USC has been empowering family caregivers in the Los Angeles area since 1989. It is part of a statewide system of 11 Caregiver Resource Centers throughout California.



This project is funded, in part, by Los Angeles County Workforce Development, Aging, and Community Services, California State Department of Health Care Services, and the USC Leonard Davis School of Gerontology.