



EASTERN LOS ANGELES
REGIONAL CENTER

ELARC U: A Learning Community
Service Providers Institute



Caring For The Caregiver Series

Thursday
March 28, 2024



Time:
1:00pm–4:00pm

Location: In-Person
ELARC Boardroom

1000 S. Fremont Ave.
Alhambra CA 91803

Registration: FREE via ELARC Online Portal

<https://elarcprovider.arcalearn.org>

Handling Caregiver Anger & Stress

Caregivers learn to manage anger and remain calm while managing crisis. Review interventions to avoid and preventative strategies to implement.

Caregiver Burnout & Self-Care

Review the role of caregivers and potential susceptibility to Vicarious Trauma; identifying signs and symptoms of Vicarious Trauma and steps to help protect from burn out.

PRE-REGISTRATION REQUIRED AND SHOULD BE COMPLETED ELECTRONICALLY THROUGH ELARC ONLINE TRAINING PORTAL.

Log-in or create an account through [ELARC Online Training Portal](#) .

From the home page, you will see an announcement labeled “Caring For The Caregiver Series”.

Make sure to click to enroll as indicated.

For question about your registration please contact Karen Sibrian at kasibrian@elarc.org

This training will be held in English only. If you wish to participate in a language other than English, please make your request with Valerie Cobla at Vcobla@elarc.org or (626) 299-4772 two weeks prior to the training to allow sufficient time for ELARC to make every attempt to meet your request.

Good Training * Strong Partnerships* Better Service



www.elarc.org * info@elarc.org

