



# ONE SOURCE - EMPOWERING CAREGIVERS

[empoweringcaregivers.org](http://empoweringcaregivers.org)

*"WE GET TO THE HEART OF THE MATTER AT HAND"*

## **ONE SOURCE - EMPOWERING CAREGIVERS**

provides free inhome respite,  
companion care for caregivers!

If you are nurturing, compassionate,  
and want to have a positive effect  
on a caregiver's quality of life,  
please sign up for our free,  
comprehensive training.

A little of YOUR time can make  
a world of DIFFERENCE!

## **SIGN UP NOW!**

*Training is FREE!*

**BE PART OF  
THE SOLUTION**  
**Join a great TEAM,**  
**become a**  
**VOLUNTEER**  
**CARE SPECIALIST**

**CONTACT DONNA AT:**  
**530-802-6154**  
**530-205-9514**

**CULTIVATING  
HOPE FOR  
CAREGIVERS**

**Our Next Training Schedule:**  
**Saturdays: May 19, May 26, & June 2**  
**from 8:30—5:30**  
**Continental breakfast, snacks & lunch provided**