



# COMMUNITY CONNECT



## CARING FOR THE CAREGIVER

*Panel Discussion and Resource Fair*

Discover a variety of helpful resources for caregivers and their loved ones. This **FREE** event is open to the public.

**TUESDAY, OCTOBER 22 | 6-8:30 P.M.**  
**EL CAMINO COLLEGE | EAST DINING ROOM**  
**FREE PARKING IN LOT C, LEVEL 2 AND ABOVE**  
*(Manhattan Beach Blvd. & Lemoli)*

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 OF THE PRESIDENT AND  
 LIBRARY & LEARNING  
 RESOURCES

In partnership with **Torrance Memorial**, this event will feature an expert-led panel and guidance on navigating the challenges of caregiving. Connect with others in similar situations, gain valuable insights, and explore available resources to ease the caregiving journey.



### Event Highlights:

- Panel Discussion (In-Person & Online - Zoom link on website)
- Directory of Community Resources
- Light Refreshments
- Giveaways

### Resource Sharing:

- Mental Wellness
- Government Resources
- Medication 101
- Legal Advice
- Nutrition/Meals
- Share Support Groups
- Financial Information
- ...and much more!

**RSVP Online:**



[www.elcamino.edu/events/  
community-connect](http://www.elcamino.edu/events/community-connect)

**Accommodations:** If you anticipate needing any type of accommodation, or have questions about the physical access provided, email [lcooks@elcamino.edu](mailto:lcooks@elcamino.edu) as soon as possible, but no later than seven days prior to the event.



**El Camino College**

[www.elcamino.edu](http://www.elcamino.edu)

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