

Aging Caregiver Workshop Series a Life Planning Program

About the program:

A workshop series to help people develop a life plan for a family member with a disability. We educate families about available resources to ensure quality of life throughout an individual's lifetime.

We support your loved one in a variety of workshops including:

- 9/4/25 Workshop 1: Why Plan-Getting Started
- 9/18/25 Workshop 2: Identifying Skills and Abilities
- 10/2/25 Workshop 3: Work, Leisure, and Building Connections
- 10/16/25 Workshop 4: Housing Options
- 10/30/25 Workshop 5: Legal Issues
- 11/13/25 Workshop 6: Setting Goals and Deeper Dive



The workshop series will be held Thursday mornings 10AM to 12:30PM at the San Gabriel / Pomona Regional Center located at 75 Rancho Camino Dr, Pomona, CA 91766

Life Planning Program Information

1. How long is the workshop series?

Each workshop is for two and a half hours. The sessions are held bi-weekly.

2. Why create a plan?

Families gain reassurance and peace of mind from knowing they have plans to ensure the best life possible for their loved ones. We help identify future needs and consider what should be in place when families can no longer provide care. Workshop participants report feeling a sense of relief after learning about the options and creating a plan.

3. What are the expectations when signing up for the workshop?

While each workshop has value in itself. Families are expected to participate in the entire series to create a more cohesive and usable plan. Meetings may be recorded and shared with participants to ensure that no gaps interfere with this process.

Interested in participating or to register, contact Monica Buenrostro, SGPRC Community Services Program Evaluator/ Resource Developer at mbuenrostro@sgprc.org or (909) 710-8837
Questions about the program, contact HGH Life Planning Specialist, Wendy Smith, at wendy@guidinghands.org or visit www.lifeplanninghelp.org