

# How to prepare your family for emergencies



## FREE WORKSHOPS FOR FAMILY CAREGIVERS

Preparing for an emergency is important when you're caring for a loved one, including young children, people with limited mobility, and those with cognitive challenges.

This **free** workshop will help you keep your family safe:

- What to pack in a Go Bag
- Evacuation planning
- Building a network
- Resources, guides, and more

**Saturday, August 16, 2025**  
**10am – noon**

Little House, 800 Middle Avenue,  
Menlo Park

*A second workshop will be held  
simultaneously in Spanish*

**Saturday, August 30, 2025**  
**10am – noon**

SSF Library / Parks & Recreation  
Center, 901 Civic Campus Way,  
South San Francisco

**Space is limited –  
reserve your spot**



<http://bit.ly/EMRAugust25>

**QUESTIONS? CALL 800.272.3900**

---

Presented by the **San Mateo County Caregivers Collaborative**. Members include Alzheimer's Association, Catholic Charities Adult Day Services, Coastside Adult Day Health Center, Edgewood Kinship Support Services, Family Caregiver Alliance, Kimochi, Legal Aid Society of San Mateo County, Mission Hospice & Home Care, Rosener House Adult Day Services, San Mateo Public Authority, Seniors at Home, and South San Francisco Adult Day Care Center.