



CREATING CONFIDENT CAREGIVERS™

## A free six-week virtual program for family members caring for a person with dementia and/or memory loss.

### LEARN ABOUT:

- Dementia and its effects on the brain
- Caregiver Resources
- Managing Behaviors
- Improving Caregiving Skills
- Handle everyday activities more easily
- Managing Caregiver Stress and Self-Care

### FREE RESPITE CARE:

- Care for your family member with memory loss can be provided free of charge so you can attend the workshop. Ask for details when you register.

**DATES:** January 11, 2021-February 15, 2021  
This class series meets once a week for six weeks.

**TIME:** 1:30 p.m. - 3:30 p.m.

**LOCATION:** Online Zoom

**For more information or to register contact 989.358.4616 or [mainvilleb@nemcsa.org](mailto:mainvilleb@nemcsa.org)**

