



# ARE YOU CARING FOR A LOVED ONE WITH MEMORY LOSS?

Attend a 6-week virtual workshop for help!

Creating Confident Caregivers is a free workshop that can assist you with reducing caregiving stress

## Learn how to:

- improve your confidence as a caregiver
- help you create a positive caregiving environment
- manage or redirect challenging behavior
- provide meaningful daily activities based on your loved one's interests and abilities
- learn to take better care of yourself



## CREATING CONFIDENT CAREGIVERS WORKSHOP VIA ZOOM

**Mondays, January 11 - February 15, 2021 from 1:00 - 3:00 pm**

**[TO REGISTER, CLICK HERE](#) or call 989-358-4616 or email [mainvilleb@nemsca.org](mailto:mainvilleb@nemsca.org)**

**Donations are welcome. This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services/Aging & Adult Services Agency**