

## Are you caring for a loved one with memory loss?



## We can help...

### Savvy Caregiver

If you are an active caregiver of a family member or friend with dementia living at home, this workshop will help you gain special skills and knowledge you will need to be successful.

The Savvy Caregiver will help you:

- ✓ Understand the impact of dementia on both you and your loved-one.
- ✓ Learn skills you need to manage daily life.
- ✓ Take control and set goals.
- ✓ Communicate more effectively.
- ✓ Strengthen family resources.
- ✓ Feel better about your caregiving
- ✓ Take care of you!



## Program Details

Dates: May 31 – June 28

Time: 12:30pm – 2:30pm

*Classes meet once per week for 5 weeks.*

Location: Zoom

Cost: No cost, donations are welcome for the class.

Registration deadline is Monday May 22<sup>nd</sup>!

To register for the class please contact: Jennifer Joyner at: [joynerj@valleyaaa.org](mailto:joynerj@valleyaaa.org)

