



ARE YOU CARING FOR A PERSON WITH MEMORY LOSS?

Attend an in-person workshop series for help!

This Dementia Caregiving workshop is 3-session program for those caring for a person with dementia or Alzheimer's. It assists with reducing caregiving stress by providing useful tools and information.

Learn how to:

- Understand basic information about dementia and its impact on brain function
- Communicate more effectively with someone who has dementia
- Recognize stages of dementia
- Provide meaningful daily activities based on your loved one's interests and abilities
- Better understand and address dementia-related behaviors
- create a positive caregiving environment
- Learn strategies and benefits of self-care
- Build your network of support



DEMENTIA CAREGIVING WORKSHOPS - WINTER 2024

Grand Blanc Senior Center

12632 Pagels Dr
Grand Blanc, MI 48439
Thursdays, January 4, 11, 18, 2024
1:00pm - 2:30pm
RSVP to GBSC at (810) 695-3202

Morrice Senior Center

101 W Mason St
Morrice, MI 48857
Wednesdays, February 7, 14, 21, 2024
1:00pm - 2:30pm
RSVP to Morrice at (517) 625-4270

Thetford Senior Center

11495 Center Rd
Clio, MI 48420
Wednesdays, February 14, 21 & 28, 2024
1:00pm - 2:30pm
RSVP to Thetford Senior Center at (810) 686-2024

Imlay City Hispanic Center

113 N Almont Ave,
Imlay City, MI 48444
Mondays, March 4, 11, & 18, 2024
10am - 11:30am
RSVP to Hispanic Service Center at (810) 724-3665

Swartz Creek Senior Center

8095 Civic Dr.
Swartz Creek, MI 48473
Mondays, March 11, 18 & 25, 2024
1:30pm - 3:00pm
RSVP to Swartz Creek at (810) 635-4122

Via ZOOM - Virtual Workshop

Thursdays, March 7, 14, 21, 2024
6:00pm - 7:30pm
RSVP to Abbie Marsa at marsa@valleyaaa.org

Loose Senior Center

707 N Bridge St.
Linden, MI 48451
Thursdays, March 7, 14 & 21, 2024
9:30am - 11:00am
RSVP to the Loose at (810) 735-9406