



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 - Spring/Summer 2024

YMCA-Pierson Rd

5219 W Pierson Rd
Flint, MI 48433
April 4 – 18, 2024
6:30pm – 8:00pm
To register call – (810) 732-9622

Central Church of the Nazarene

1261 W Bristol Rd.
Flint, MI 48507
April 10 -24, 2024
1:00pm – 2:30pm
Please RSVP to Abbie Mars at (810) 247-2541 or email marsa@valleyaaa.org by Wednesday, April 3

Imlay City Senior Center

395 E Third St
Imlay City, MI 48444
April 11- 25, 2024
1:00pm – 2:30pm
To register call – (810) 724-6030

Mundy Twp Senior Center

3478 Mundy Ave
Swartz Creek, MI 48473
April 18- May 2, 2024
1:00pm – 2:30pm
To register call – (810) 922-4557

Forest Twp Senior Center

130 E Main St
Otisville, MI 48463
May 29 – June 13, 2024
12:15pm – 1:45pm
To register call – (810) 631-3407

Via Zoom – Online Class

June 5 – 19, 2024
12:30pm – 2:00pm
Register by emailing Jennifer Joyner at Joynerj@valleyaaa.org

Davison Senior Center

10135 Lapeer Rd
Davison, MI 48423
June 25 – July 9, 2024
5:30pm – 7:00pm
Please RSVP to Davison Area Senior Center at (810) 658-1566.