



Do you care for someone with memory loss or dementia?

Join Us For Building Better Caregivers

*Six consecutive virtual workshops
Tuesday October 6th-November 10th
10:00 a.m. - 12:30 p.m. Central Time*



You will learn about:

- Reducing stress for your family member and yourself
- * Caring for yourself
- Dealing with difficult emotions
- Managing your family member's behavior
- * Planning for the future
- Finding resources



Registration required contact:

JHarwell@nctcog.org
682-433-0375