



Registration for event is required. Zoom link will be provided upon registration.



Recognizing & Reducing Caregiver Stress

Tuesday, November 5, 2024 at 10:30 am

This education session helps caregivers to recognize the signs of stress and offers tips and strategies for reducing stress.

Who should attend: Care partners, family members, and friends of people living with dementia.

[Click here to register!](#)

Preparing for the Holidays

Wednesday, December 4, 2024 at 2:00 pm



For people living with dementia, and their caregivers, the holiday season can sometimes be a stressful and overwhelming time. With some modifications to our regular traditions, we can make the holidays more enjoyable for everyone. This presentation explores some helpful holiday tips that can make this season as stress-free as possible!

Who should attend: Care partners, family members, and friends of people living with dementia.

[Click here to register!](#)

For more information, please contact a member of our Education Team:

[Sarah Cook](#) or [Shelby Barrie](#) or [Kris Van Luven](#)

Phone: (705) 748-5131 or 1-800-561-2588. Please leave a voicemail at ext. 126