



Caregiver Dementia Skills & Wellness Group

Caregiving for a person with dementia can be both rewarding and stressful. Caregivers may face many thoughts and emotions, like guilt, anger, sadness, and joy. The caregiving process can also be unpredictable, with experiences changing each day. The behavioral and emotional symptoms of dementia can be one of the most difficult aspects to navigate, and caregivers may experience thoughts of being overwhelmed and unprepared.

During this **6-week group**, caregivers will be introduced to education around dementia related changes to a loved one's behavior, emotions, and communication. You will also learn evidence-based approaches to help manage these changes and your experiences of caregiving that could be beneficial over the course of the condition. You will also receive support from others and a sense of connection to a caregiver community.

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