

# Workshops for Caregivers

Knowledge, Skills and Tools to achieve a balanced lifestyle



**First Thursday of the month from 1:00-2:30 pm at the Princeton Civic Center**

## **Diagnosed with Dementia, Now What? Thursday, October 5**

- Learn what Dementia is and the warning signs of Dementia
- How to plan after a diagnosis
- How to care for yourself and loved one
- Find local community resources

## **Caregiver Essentials Thursday, November 2**

- Understand the impact of providing care for an older adult
- Help create balance
- Become aware of community resources

## **Caregiving Through the Holidays Thursday, December 7**

- Common challenges for families around the holidays
- Common signs of stress and how to avoid stress
- Tips for hosting or attending events
- Encourage participation and adapt holiday traditions

To register contact Collette Colucci at 651-257-7905 or [collette@familypathways.org](mailto:collette@familypathways.org)



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