



Instilling Confidence in Care

Support for Family Caregivers

2021 Memory Care Learning Series at Riverside

AUG
24

Teepa Snow's Normal vs. Not Normal Aging Tuesday, Aug. 24, 3:30-5:30 p.m.

Family caregivers will learn to recognize "normal" aging versus "not normal" aging, describe the five ways people take in data, and discuss the impact of changes in processing as dementia progresses. Cost is \$10.

SEPT
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Dealing with Dementia Monday, Sept. 20, 12:30-4:30 p.m.

Caregivers will learn tips and strategies for caring for their loved ones and themselves, based on an evidence-informed approach. This four-hour workshop includes an extensive manual to take home, and is a program of the Rosalynn Carter Institute for Caregivers. Cost is \$25 and includes manual.

OCT
13

Caring for You, Caring for Me Overview Part 1 Wednesday, Oct. 13, 4-6 p.m. Part 2 Wednesday, Oct. 20, 4-6 p.m.

OCT
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Addresses the needs of family caregivers through a supportive and interactive group approach. Topics covered include common terms, emotions, self-compassion, and self-care. This two-part workshop, totaling four hours, is based on a program of the Rosalynn Carter Institute for Caregivers. Cost is \$25.

All classes held at:

Warwick Forest Community Room
1004 Old Denbigh Blvd.
Newport News, VA 23602
Valet Parking available.



Need Help Now
1-888-597-0828

For more information call 757-298-4110 or visit riversideonline.com/workshop.

Financial assistance to attend the workshops may be available. Guidance on respite care options in your area is available.



RIVERSIDE