

Do you care for someone with memory loss or dementia?

# Join Us For Building Better Caregivers

*Six consecutive virtual workshops  
Tuesdays, January 14-February 18, 2025  
12:00 noon- 2:30 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



**Dementia Friendly**  
North Central/East Texas