



## **Next Steps & Care Essentials**

Next Steps and Care Essentials offers an opportunity for families and friends of individuals with a diagnosis of dementia to learn more about dementia, develop caregiving strategies, and become familiar with community resources and supports.

- ***Part #1: Overview of Dementia, Diagnosis & Healthy Brain Strategies***
- ***Part #2: Communication & Environmental Strategies***
- ***Part #3: Understanding & Managing Challenging Behaviours***
- ***Part #4: Difficult Discussions, Role Changes & Self Care***

**February 23, 24, March 2 & 4, 2021**  
**6:30pm - 8:30pm**

**NOW ONLINE ON ZOOM**

**Connection details will be e-mailed after registration.**

**[To register, please click here.](#)**

