

Published on *SeniorNavigator* (<https://seniornavigator.org>)

Dealing with Dementia, Instilling Confidence in Care

Date and Time

Monday 9/20/2021 12:30 to 4:30pm

Event URL

[Register for Classes](#)

Event Region

Peninsula

Event Type

Class - Workshop

Event Description

Instilling Confidence in Care, Support for Family Caregivers. 2021 Memory Care Learning Series at Riverside. Dealing with Dementia will be Monday, September 20, 2021, 12;30 until 4:30 pm. Family caregivers will learn tips and strategies for caring for their loved ones and themselves. Participants will learn how to navigate the "Dealing with Dementia Guide," an extensive 360-page resource manual. Caregivers will also receive insights about dementia caregiving, including problems, practices, tips and self-care. Open to call. Cost is \$25 and includes manual. See classes offered on October 13th, October 20th and November 10th. For more information or to register you can call 757-597-0828 Note: financial assistance to attend workshops may be available.