

Tools for Travelling with Someone with Dementia

8 Week Education & Discussion Series

This is an 8 week opportunity to discuss situations, coping tools, & to experience practicing tools. While one does not have to commit to the whole series, the 8 weeks are recommended because sessions will sometimes refer to information discussed in other sessions. Loren Whipple, a Bereavement Specialist with AVOW and Marianne Troy will be facilitating these sessions.

Schedule of Topics:

- Week 1: Dementia's Journey of Grief
- Week 2: Anger
- Week 3: Pining vs. Acceptance
- Week 4: Overwhelmed? Break it Down
- Week 5: Supports
- Week 6: Attitude & Perspective-The Control We Do Have
- Week 7: Baggage & Boundaries
- Week 8: Law of Attraction

Dates:

Thursday, March 8	1:30-3:00
Thursday, March 15	1:30-3:00
Thursday, March 22	1:30-3:00
Thursday, March 29	1:30-3:00
Thursday, April 5	1:30-3:00
Thursday, April 12	1:30-3:00
Thursday, April 19	1:30-3:00
Thursday, April 26	1:30-3:00

Alzheimer's Support Network
Suite 21
(Club Room Will Be Available)