

FAMILY DEMENTIA CARERS WORKSHOP

Family *Caring* Together

A small, supportive workshop for family members caring for a loved one living with dementia

"You don't have to do this alone. These workshops are a place to learn, share, and find renewed strength for the journey ahead."

WHAT YOU'LL EXPLORE

- Understanding dementia & what to expect
- Communicating with your loved one
- Managing day-to-day caregiving
- Finding your support networks
- Navigating emotions & grief
- Caring for yourself
- Exploring resources to suit your lifestyle

WORKSHOP DETAILS

■ DATES & TIMES

Friday 10, 17 & 24 April

10:00 am – 12:00 noon each session

➤ VENUE

Wesley Chapel, St Davids Uniting Church

593 Olive Street, Albury NSW 2640

Workshop fee
For two family carer members

\$50

Per household, per session

Places are limited — to enrol or find out more, call us on

0494 052 787