

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
- *Exploring resources to suit your lifestyle

WORKSHOP DETAILS

DATES & TIMES

Wed 29 July, 5, 12 & 19 August

1:30 pm – 3:00 pm 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

Places are limited — to enrol or find out more, reach out to

tess@dementiacommunity.com.au