

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

Upcoming Sessions

Dates to be confirmed — enquire to register your interest

VENUE

Venue to be confirmed

Small group setting — intimate & welcoming

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