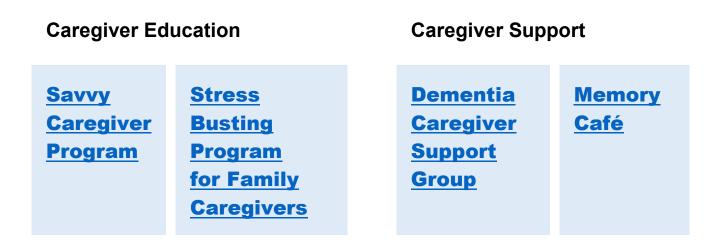
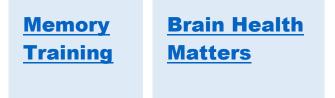


Virtual Connections Program

As we all continue to practice social distancing, our Connections Program Team has been working hard to offer several engaging virtual programs. Check out what we have planned by clicking on the links below:



Other Connections Programs



Savvy Caregiver Program

Caregiving, especially for someone dealing with dementia, is often a new role and requires special skills and knowledge. In this free, 6-week session, 2-hour class, we help caregivers understand dementia, its effects on behavior, and provide personalized strategies for caregiving and related decision making.

In Collaboration with Memorial Drive Presbyterian Church

Tuesdays, 10am – 12pm

Class 1: May 5th Class 2: May 12th Class 3: May 19th Class 4: May 26th Class 5: June 2st Class 6: June 9th

> Contact Sharon Cantrell

In Collaboration with the Church of St. John the Divine

Thursdays, 11:30am – 1pm

Class 1: May 7th Class 2: May 14th Class 3: May 21st Class 4: May 28th Class 5: June 4th Class 6: June 11th

Register in Advance

Stress-Busting Program for Family Caregivers

The Stress-Busting Program focuses on education, support, problem solving, and stress management for family caregivers. This program is proven to reduce stress, anger, hostility, anxiety while improving the quality of life of the caregivers who participate in the class. This program is carried out by two facilitators over 9weeks with caregivers meeting weekly for an hour and a half each class. Each participant will receive a caregiving manual as well as access to the WellMed Charitable Foundation Stress-Busting Program resources.

This program has already started

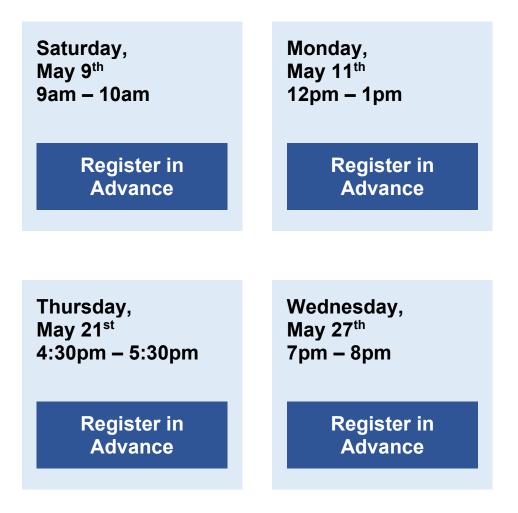
Thursdays, 2:30pm – 4pm

Class 1: April 23rd Class 2: April 30th Class 3: May 7th Class 4: May 14th Class 5: June 21st Class 6: June 4th Class 7: June 11th Class 8: June 18th Class 9: June 25th

Sign up to receive information about the next available class

Dementia Caregiver Support Group

Facilitated by a trained leader, this group is free and open to anyone in the community dealing with the challenges of caring for a loved one with dementia.



Memory Café

An informal setting for adults living with dementia and their caregivers to get connected and make new friends. Grab your favorite mug filled with your favorite drink and join us!



Memory Training

Memory Training is designed for people who wish to improve or maintain their memory ability. This program is not intended for people with a diagnosis of Alzheimer's disease or other forms of dementia. It focuses on the **four most common complaints** that people experience in daily life:

1. Forgetting names and faces.

2. Forgetting to do things in the future (like keeping an appointment, passing on a phone message, or forgetting why you walked into a room).

3. Forgetting where you put things (like your keys, glasses, or wallet).

4. Knowing something you can't immediately recall or "tip of the tongue" memory challenges.



Brain Health Matters

As part of our mission to educate and support families and the community, Amazing Place offers free programs about dementia and brain health, which can be presented to your group, organization, congregation or company.

