



CARE ESSENTIALS

A LEARNING SERIES FOR CAREGIVERS OF
PEOPLE WITH DEMENTIA

Learn and share effective management strategies with others
having similar experiences. **YOU ARE NOT ALONE!**
Come join us for this **FREE** informative series.

Topics Include:

- What to Expect
- Effective Communication
- Responding to Changes
- Supporting Daily Activities

Wednesdays

January 13, 20, 27 February 10

1:00—3:00 p.m.

Helping Hands office

210 Memorial Ave. Orillia

Light refreshments served.

Enrollment is Limited! For more information and to register,
please call **329-0909**

PARTICIPANTS ARE ENCOURAGED TO ATTEND THE WHOLE SERIES

The FIRST LINK™ Learning Series is comprised of 5 individual progressive courses, each building upon another to help you better understand dementia, coping strategies, planning, resources and supports. Watch for these other informative courses in the coming months:

**FIRST STEPS, NEXT STEPS, OPTIONS FOR CARE,
CARE IN THE LATER STAGES**

Presented by the Alzheimer Society of North East Simcoe County