



OPTIONS FOR CARE

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.

Learn About:

- Where to turn when care needs are increasing
- Coping with change
- Long Term Care
- Speakers from agencies

Wednesdays

March 17, 24, 31, April 7

9:30-11:30 a.m.

Helping Hands office

210 Memorial Ave. Orillia

Light refreshments served.

REGISTRATION IS REQUIRED. ENROLLMENT IS LIMITED!

For more information, 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, CARE ESSENTIALS,
CARE IN THE LATER STAGES**