

Dementia

Answers

Workshop

CAREGIVERS DISCUSSION AND SUPPORT

Please join us for an evening of support

Transitions and Dementia Educator Stephanie Howard, and Tami Anastasia MA, Dementia Consultant and Educator facilitate this educational event brought to you by ElderConsult Geriatric Medicine. Stephanie has 20 years of experience developing and managing dementia communities and understands firsthand the challenges of giving care to a loved one living with dementia. Tami has provided counseling and wellness services for over 25 years and provides support, guidance and care strategies for families caring for loved ones living with dementia. Our goal is to provide answers, resources and support to caregivers.

Additional information at elderconsult.com

NEW Workshops coming for July-November

Tuesday

June 25th

**What About
ME?**

**Caregiver Guilt
and Burnout**

Guilt is often a huge challenge for anyone caring for someone living with dementia. Frustration, fear and resentment are part of the equation too. Why do I feel this way? How can I feel better? What are strategies that can help?

Bring all your questions and we will do our best to help!

**CAMPBELL COMMUNITY
CENTER
1 WEST CAMPBELL AVE
CAMPBELL, CA**

Room E-46

6:00-8:00 PM

**Please RSVP
(650) 357-8834 X 4**

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