

# Savvy Caregiver Training



Based on research by experts, this 3-week course will provide clinical-level training for family caregivers. Improve your knowledge, approach, skills and outlook. Gain the confidence to set and achieve caregiving goals. Learn strategies to manage stress, make decisions, and manage activities of daily living. The Savvy Caregiver Training Program provides over 6-hours of face to face training with dementia experts and a caregiver's manual.

## Dates:

Please commit to attending all meetings

## Time:

## Location:

**Cost:** Free

**REGISTRATION REQUIRED.**

