

Do you care for someone with memory loss or dementia?

# Building Better Caregivers

*Classes are forming now.*



## You will learn about:

- Reducing stress for your family member and yourself
- Managing your family member's behavior
- \* Caring for yourself
- \* Planning for the future
- Dealing with difficult emotions
- Finding resources

**Registration required contact:**

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**Dementia Friendly**  
North Central/East Texas