



Caregiving Essentials: Dementia Support and Coaching for the Family Caregiver

Discussion Topics Include:

- Dementia diagnosis: what does it mean and what you can expect over time;
- Neurobiological changes at each stage of the disease and how to effectively cope;
- Emotional attunement and the power of empathic communication in any human condition;
- The art (and science) of rolling with resistance to overcome challenging behaviors;
- Social and emotional wellness strategies to feel and be better.



David Hart, Ph.D., is a professor and a Licensed Professional Clinical Counselor (LPCC 13269) with over 20 years of experience working with people with dementia and their families.

 **Wednesday, October 16th**

 **10:00am - 12:00pm PST**

 **Zoom**



Register by [clicking this link](#)
or [scanning the QR Code](#)

 **Always Best Care™**
senior services