

It Takes Two!

A Refreshing Approach to Understanding and Coping with Dementia Behavior

This four week class offers skills and tools for family caregivers who care for a loved one with Alzheimer's disease or related dementias.

In **It Takes Two!**, you will:

- learn more about your relative's ability to understand and communicate.
- learn skills to handle troubling behavior.
- feel more confident and positive about your caregiving role.

DATES/TIME: Four-part class held on Thursdays

October 12, 19, 26, and November 2
1 p.m. to 3 p.m.

LOCATION: San Leandro Senior Community Center

13909 East 14th Street
San Leandro 94578

SPEAKER: Jo McCord, MA , Family Consultant
Family Caregiver Alliance

TO REGISTER: Contact: Calvin Hu, (415) 434-3388 ext. 313 or chu@caregiver.org
Pre-registration is required.



Pre-registration is required. Please let us know if you have a disability and require specific accommodations. This class is specifically for family caregivers, not providers.



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