

INTERACTIVE GROUP PROGRAM FOR CARE PARTNERS OF PEOPLE LIVING WITH DEMENTIA



THE REITMAN CENTRE TEACH PROGRAM

Training, Education, and Assistance for Caregiving

- Self-care, system navigation, relationships and future planning
- Coaching for practical communication and coping skills
- Opportunities to share and learn from other care partners
- 4 weekly, 1.5 hour sessions. Free of charge.

FOR MORE INFORMATION & TO REGISTER, please contact:

Geriatric Psychiatry Community Services of Ottawa

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