



# The Art of Care Partnering

## Join Us for a Care Partner Workshop!

We've come a long way in our understanding of Alzheimer's and other types of brain change. There are newer ways to think about why people with brain change might react to certain things the way they do.

This workshop is designed primarily for care partners dealing with brain change in the earlier stages, although it can help people at any point. If your loved one is in earlier stages and is able to participate, they are welcome to join you. If they are not, please consider joining by yourself.

How can we learn to partner with our loved ones on this journey? Like other chronic illnesses, brain change is something both parties are going to need to address for quite a while. What are some tools that can help?

Alzheimer's and other types of brain change usually cannot be dealt with well in a passive manner—they won't go away if we ignore them. And so, this workshop is interactive. There will be presentations, discussions and lots of exercises and activities to help bring concepts to life which will require group participation.

We'll get into why the term Care Partner changes the game; how to focus on well-being for all care partners; important communication tools including the power of words; dealing with the distress of a person with brain change; the importance of purpose in the lives of all care partners, and so much more.

The workshop is being offered for **in-person participation only**. It will be held in our Support Group Room at 1421 Pine Ridge Road, Suite 100, Naples, FL 34109.

Workshops are 1.5 hrs long once a week for 7 weeks.

Join with your loved one in earlier stages of brain change or by yourself.

**To Register or for Questions,  
Call Mel at  
813-505-5251**

Or email [Mel@support.network](mailto:Mel@support.network)

Your best experience will be if you join us every week as the concepts build upon each other.

**Wednesdays from 10-11:30am  
March 5, 12, 19 and 26  
April 2, 9, and 16**

**Seating is limited, so  
registration is required.**