

# Maine Savvy Caregiver



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## Are you caring for a family member with dementia?

12-hour training for family caregivers of people with dementia

**You can build:**

**A**ttitudes: Have more confidence in your caregiving and learn how to take care of yourself.

**S**kills: Communicate more easily with the person and manage challenging behaviors.

**K**nowledge: Learn what dementia is and how it affects the person and how they act.

There is no charge. Participants fill out surveys before and after taking the course to measure how helpful it was. It is important to plan to attend all six classes.

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**St. Bartholomew's Church, Yarmouth, Maine**  
**Tuesdays, September 14, 21, 28, October 5, 12 and 19**  
**1 to 3 PM**

**Pre-registration required**  
**1-800-427-7411 x 541**

 **SOUTHERN MAINE**  
**Agency on Aging**



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