



## The Caregiving Journey

An intensive program for family members caring for someone with middle stage dementia.

Participants will increase their understanding in:

- Various effects of dementia,
- Insight into their own strengths and challenges as caregivers,
- Developing an individualized plan of care,
- Coping skills related to caregiving responsibilities.

Mondays,  
November  
2, 9, 16, 23

1:00 -  
3:00 p.m.

An online program.  
Email or call to register  
by October 26.

Teena Monk-Gerber, CSW, MSE  
Serving Rock & Green Counties  
608-843-3544  
[Teena.Monk-gerber@alzisc.org](mailto:Teena.Monk-gerber@alzisc.org)

### Offering Guided Services:

- Support Groups
- Memory Cafes
- Education Programs
- Care Consultations

