



# **UNDERSTANDING AND RESPONDING TO CHALLENGING BEHAVIORS**

**Tuesday, January 13th | 6:00 PM - 7:00 PM**

**Los Alamitos Community Center  
10911 Oak St, Los Alamitos, CA 90720**

Caring for someone with dementia often means facing behaviors that can feel confusing, stressful, or overwhelming. This class helps caregivers understand why these behaviors happen and provides practical, compassionate strategies to respond effectively.

Learn how to reduce frustration, improve communication, and create a calmer, more supportive environment for both you and your loved one.

**Call (562) 430-1073 to RSVP**