

# Empowered Caregiving: Skills for Real-Life Dementia Challenges

Practical tools, compassionate strategies, and real-world insight for caregivers at every stage.



**Wednesday, January 7, 2026**

9:30 AM – 11:00 AM

**Mount of Olives Adult Day Program**  
24772 Chrisanta Drive, Mission Viejo



**A Caregiver's Journey:  
My Three Lessons with Ben Allen**

Join us for a powerful and personal session featuring caregiver and advocate **Ben Allen**. Through three meaningful lessons learned from his own caregiving journey, Ben offers practical strategies, heartfelt insight, and real-world tools for anyone supporting a loved one living with dementia.

**Reservations are required. Please**  
**email [lauren.weiss@alzoc.org](mailto:lauren.weiss@alzoc.org) or call**  
**(949) 955-9000**



**Refreshments provided by Senior**  
**Helpers**



**ADULT DAY  
PROGRAM**

[ADP.MOOCHURCH.ORG](http://ADP.MOOCHURCH.ORG)

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