

Empowered Caregiving: Skills for Real-Life Dementia Challenges

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



Wednesday, March 4, 2026

9:30 AM – 11:00 AM

Mount of Olives Adult Day Program

24772 Chrisanta Drive, Mission Viejo



I Just Became a Care Partner- Now What?

Becoming a caregiver can feel overwhelming, confusing, and isolating—especially when you don't know what to expect next. Whether you're just starting this journey or still trying to find your footing, this class offers reassurance, clarity, and actionable tools to help you move forward with confidence.

Care partners are welcome to bring their loved ones with dementia. While you connect with other caregivers and learn helpful strategies, your loved one will enjoy engaging, supervised activities in our Adult Day Program.

Reservations are required. Please email lauren.weiss@alzoc.org or call (949) 955-9000



**ADULT DAY
PROGRAM**

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