

"SOMEONE TO LEAN ON"

A WORKSHOP FOR CAREGIVERS

There are so many books and sites offering help to dementia caregivers that you can get overwhelmed by all there is to learn and do. This workshop addresses real-life strategies.

- This unique telecourse will be delivered by a Professional Certified Coach & a Clinical Geropsychologist with a specialization in dementia. The 4 weekly 1 hr sessions will provide practical tips to help caregivers better understand & meet the needs of their loved ones.

Details: *There is a \$99 registration fee to join the 4 week course: Feb. 1st, 8th, 15, 27th 2010. Each class will be recorded and delivered to each participant weekly in case some of the sessions are missed. A complete resource guide will accompany the course.*

Weekly Topics Include:

Week 1
What To Expect:
Preparing For What Comes Next

Week 3
Compassion Fatigue:
Taking Care of You

Week 2
Communication:
Creative Solutions to Difficult Behavior

Week 4
Creating Seconds Of Joy:
Tools That Create Positive Outcomes



Ann Mehl is a certified Martha Beck coach specializing in life and career transitions. A former executive recruiter, she assists individuals who feel stuck in their lives or simply need a plan to jumpstart their careers. As a runner who has completed over 40 marathons worldwide, Ann lives what she preaches. She is a sought-after guest speaker, blogger and wellness expert. Her articles have appeared in *Women's Running*, *Body+Soul* & *Betty Confidential*. A graduate of Boston College, Ann resides in NYC and cares for her mother who has suffered from severe dementia for the last five years.



Angelica Perez, Ph.D., is a licensed Clinical Psychologist with a specialty in geropsychology and dementia. As the founder and president of Aging, Memory and Mental Health Services, Dr. Perez provides dementia cognitive assessments, education and support to patients, families and caregivers. She is the former co-director of a memory diagnostic research clinic at the Silberstein Aging and Dementia Research Center, of New York University School of Medicine, where Dr. Perez served as a Research Assistant Professor. She is a consultant, staff trainer, public educator and speaker to organizations, institutions and programs servicing older adults, including the Alzheimer's Association, NYC chapter.

To register – contact Ann Mehl – 917-355-0956 or ann.mehl@gmail.com.