Navigating the Holidays and Alzheimer’s.
The Alzheimer’s Association is offering several classes during the 2020 holiday season to help individuals with Alzheimer’s and their caregivers navigate the season a little easier.

Coping Through the Holidays
November 18 at 12:00 p.m.
Holidays can be filled with togetherness and laughter, but they can also be stressful after a dementia diagnosis and because of COVID-19, join us as we talk through strategies for coping through the holidays.
CLICK HERE TO REGISTER

Facebook Caregiver Conversations: Tips for the Holidays
November 19 at 7:00 p.m.
Join our caregiver support group page to get tips to make the holidays enjoyable for you, the caregiver and your loved one living with dementia.
CLICK HERE TO JOIN THE FACEBOOK GROUP

Coping Through the Holidays: Support Group for Caregivers
November 24 at 6:00 p.m.
A group available to support caregivers as we approach the holiday season.
CLICK HERE TO REGISTER

Making the Holidays More Enjoyable: For Caregivers
December 9 at 4:00 p.m.
During this program we will talk about caregiver stress during the holidays, provide tips for those with a loved one in a facility, address family conflict during the holidays, discuss how we can adapt our traditions and celebrations to make the holidays joyous for caregivers, families and individuals living with dementia and more.
CLICK HERE TO REGISTER

Coping With the Holidays: For Individuals with Early-stage Alzheimer’s
December 17 at 4:00 p.m.
This is an interactive program for individuals with dementia and their care partners to talk through strategies for coping through the holiday season and discuss ways we can continue to make the holidays meaningful after a dementia diagnosis.
CLICK HERE TO REGISTER

Coping Through the Holidays: Support Group for Caregivers
December 22 at 6:00 p.m.
A group available to support caregivers as we approach the holiday season.
CLICK HERE TO REGISTER

Please register for each class you are interested in and you will receive a Zoom video conference link. Visit alz.org/crf to explore additional upcoming virtual education programs.