

# WORKSHOPS

## FOR FAMILY CARE PARTNERS



### WHAT IT IS

The Dementia Together workshops are designed to empower family care partners with practical tools, emotional support, and a sense of community.

These spring workshops are offered in a series of eight sessions and have two cohort options to choose from: Monday mornings or Wednesday evenings.

### REQUIREMENTS

- Completing an Intro to SPECAL® class is **required** before attending Dementia Together workshops.
- A CSU Research Survey will be required before attending the first session
- Completion of brief evaluations after each session and participation in the CSU Final Survey after the final session.
- Registration through our website calendar for the first session will sign you up for all 8 sessions.

### NO CHARGE TO ATTEND REGISTRATION REQUIRED:

[DementiaTogether.org/Calendar](https://DementiaTogether.org/Calendar)

### WORKSHOP COHORTS

#### Monday Morning Sessions 8:00 AM MST on Zoom

- March 9th
- March 23rd
- April 13th
- April 27th
- May 11th
- May 18th
- June 8th
- June 22nd

#### Wednesday Evening Sessions 5:00 PM MST on Zoom

- March 4th
- March 18th
- April 1st
- April 15th
- May 6th
- May 20th
- June 3rd
- June 17th

