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Improv for Caregivers

3-Day Interactive Workshop for Dementia Care Support

Reconnect. Recharge. Rediscover Joy in Caregiving.

Caring for someone with dementia is meaningful work that can also be challenging. This interactive workshop offers practical tools, fresh perspective, and a supportive space for caregivers



What You Will Experience

Through improv, storytelling, and shared reflection, you'll learn simple, embodied strategies to stay present, reduce stress, and connect more deeply with the person you care for.



You Will Learn How To

- Respond with compassion and flexibility
- Reduce stress and burnout
- Stay present in challenging moments
- Build meaningful, dignified connections



Workshop Takeaways

- Greater confidence and grounding
- Practical tools you can use immediately
- Renewed perspective and support
- Strategies for calm, connection, and joy in daily caregiving



Who Should Attend

This workshop is designed for family caregivers, professional caregivers, and anyone who supports someone living with dementia.

Scan the QR code to register or learn more!



Workshop Details

- Day 1: April 14th (1-3pm)
- Day 2: April 21st (1-3pm)
- Day 3: April 28th (1-3pm)



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For any questions contact our Team Lead Karen Kouba-McIver



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Aging Strong Programs of Jannus

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