

# Active Caregiving: Empowerment Skills Caregiver Workshop



Neuroscience Supportive Care Program

Sponsored by Stanford Alzheimer's Disease Research Center and the Aging Adult Services' Memory Support Program, this is a small interactive group workshop for caregivers of people with Alzheimer's disease and related dementias. This free evidence-based workshop will help you learn concrete skills to better manage stress and challenging behaviors.

**Registration required.**



- Dates:** Wednesdays for 4 consecutive weeks  
**Workshop 1:** 9/11, 9/18, 9/25, 10/2  
**Workshop 2:** 10/30, 11/6, 11/13, 11/20
- Time:** 10:00 am - 12:00pm
- Location:** Stanford Neuroscience Health Center  
213 Quarry Road  
Basement Floor, Room 0511  
Palo Alto, CA 94304
- To register:** Call 650.721.8500
- Website:** [www.stanfordhealthcare.org/nscp](http://www.stanfordhealthcare.org/nscp)

*The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all neuroscience patients regardless of where they receive their care.*



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