ALZHEIMER'S ASSOCIATION®

The North Dakota Dementia Services Program Presents

Education Flyer: November 2026 - January 2027

The Empowered Caregiver: Supporting Independence

***Certificate of attendance offered**

This class focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

- **Wednesday, Nov. 4th, 7:00 to 8:30 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - https://bit.ly/4xtsOof
- **Wednesday, Dec. 2nd, 9:00 to 10:30 am CST**
  - Via Webinar: REGISTRATION IS REQUIRED - https://bit.ly/3TYEwso
- **Wednesday, Jan. 13th, 6:00 to 7:30 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - https://bit.ly/3UUFbLo

The Empowered Caregiver: Communicating Effectively

***Certificate of attendance offered**

This class teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

- **Wednesday, Nov. 11th, 7:00 to 8:00 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - https://bit.ly/4ybKuET
- **Wednesday, Dec. 9th, 9:00 to 10:00 am CST**
  - Via Webinar: REGISTRATION IS REQUIRED - https://bit.ly/4e1shBZ
- **Wednesday, Jan. 20th, 6:00 to 7:00 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - https://bit.ly/4xsAUgW

The Empowered Caregiver: Responding to Dementia-Related Behaviors

***Certificate of attendance offered**

This class details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

- **Wednesday, Nov. 18th, 7:00 to 8:30 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - https://bit.ly/4yd8EyS
- **Wednesday, Dec. 16th, 9:00 to 10:30 am CST**
  - Via Webinar: REGISTRATION IS REQUIRED - https://bit.ly/4yuhYic
- **Wednesday, Jan. 27th, 6:00 to 7:30 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - https://bit.ly/4zBlwjC

24/7 Helpline 800.272.3900
alz.org/mnnd

NORTH Dakota Be Legendary. | Health & Human Services

Dementia Care Services Program is provided by the Alzheimer's Association of Minnesota-North Dakota with funding granted through the North Dakota Department of Health & Human Services, Aging Services Section

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Additional class offerings:

Certificate of attendance not offered for the following two classes

The Empowered Caregiver: Building Foundations of Caregiving

This class explores the role of the caregiver and changes they may experience, how to build a support team and ways to manage caregiver stress.

- **Wednesday, Jan. 6th, 6:00 to 7:30 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - https://bit.ly/4gxt4v7

The Empowered Caregiver: Exploring Care and Support Services

This class examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care.

- **Wednesday, Feb. 3rd, 6:00 to 7:00 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - https://bit.ly/4cdRFUq

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