

### Training, Education and Assistance for Caregiving at Home (TEACH)



The **TEACH** (Training, Education, and Assistance for Caregiving at Home) Program is a Reitman Centre caregiver program which consists of 4 weekly group sessions that are each 90 minutes long. These sessions are intended for care partners of people with dementia providing care in the home.

Learning objectives:

- Focus on common caregiving themes including; self-care, healthcare system navigation, relationship changes and future planning
- Coaches care partners in practical communication and coping skills
- Provides opportunity to share and learn from other care partners

#### When:

Wednesdays,  
March 4, 2020  
March 11, 2020  
March 18, 2020  
March 25, 2020  
Time: 10:00 AM – 11:30 AM

#### Where:

Senior Persons Living Connected (SPLC)  
3333 Finch Ave. East –  
Seminar Room C  
Scarborough, ON M1W 2R9

#### Cost:

**FREE**, registration and pre-screening is required.

*Please note that all events are scent-free.*

#### **TO REGISTER:**

Register online at [www.alz.to](http://www.alz.to) or contact Remy Sookhai at 416-640-6317 or [rsookhai@alz.to](mailto:rsookhai@alz.to)