



**AGI's Lassner Institute of Learning provides excellence in dementia education and training to family caregivers and professional care providers.**

**AGI offre l'excellence en éducation de la démence et la formation aux proches aidants**

## Les cours d'hiver —2018 — Winter training courses

### AGI's Alzheimer 101

**Weekend Workshop**  
**Saturday, January 27**  
9 am—4 pm

This popular course teaches basic principles in dementia caregiving. Understand how dementia affects the brain, how to communicate, interact, and adapt to behavioural challenges, as well as how to diffuse challenging situations. Lunch is included **Cost \$90**

### Experiencing dementia through your senses

**Thursday, February 15**  
10 am - 1 pm

This 3-hour workshop explores the five sensory changes associated with dementia. Through hands-on activities, participants will gain insight into how people living with dementia experience the world. **Cost \$40**

### Managing your Stress as a Caregiver

**Tuesday, February 27**  
1 pm - 4 pm

"You need to take care of yourself." This common advice for caregivers is often given but rarely taken, because we simply don't know how. This course will explore the dangers of Compassion Fatigue and Burnout, ways to prevent them, and steps to treat them when they occur. **Cost \$40**

### Communication Skills Workshop

**Thursday, March 1**  
6 pm - 9 pm

In the early stages of Alzheimer's, individuals understand about one in four of the words they hear. Given such serious language impairment, how can we communicate effectively? This 3-hour course provides participants with the tools needed to make meaningful communication a reality. **Cost \$40**

### Diffusing Extreme Reactions and Behaviours

**Friday, March 16**  
Part 1: 9:30 am—1:30 pm  
**Friday, March 23**  
Part 1: 9:30 am—1:30 pm

This 8-hour hands-on workshop allows caregivers to practice skills needed to calm catastrophic reactions and to understand and manage responsive behaviours. **Cost \$90**

### AGI's Alzheimer 101

**Friday, April 13**  
Part 1: 9:30 am—1:30 pm  
**Friday, April 20**  
Part 1: 9:30 am—1:30 pm

This popular 8-hour course teaches basic principles in dementia caregiving. Understand how dementia affects the brain, how to communicate, interact, and adapt to behavioural challenges, as well as how to diffuse challenging situations. **Cost \$90**

**To Register/ Pour s'inscrire:**

**514.485.7233 or/ou [info@agiteam.org](mailto:info@agiteam.org)**

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