



skills for dementia caregiving classes

January – June 2019

SKILLS FOR DEMENTIA CAREGIVING

Skills for Dementia Caregiving is a multi-session, evidence-based educational program designed to help caregivers feel more confident and competent in their caregiving skills. It has also been shown to reduce caregiver stress by identifying risks and learning self-care strategies. These classes are offered to caregivers at no charge, and all curriculum materials are provided at no cost.

Cuidando Con Respeto

A two-day linguistic and cultural translation of *Skills for Dementia Caregiving*.

GREATER ALBUQUERQUE SKILLS FOR DEMENTIA CAREGIVING CLASSES

Tina De La Luz, Program Director

tdelaluz@alz.org, 1 (800) 272-3900
9500 Montgomery Blvd. NE, Suite 121
Albuquerque, NM 87111

January 15th - February 19th, 9:30am-11:30am (Tuesdays)
Skills for Dementia Caregiving
Alzheimer's Association, NM Chapter
9500 Montgomery Blvd. NE, Ste. 121, Albuquerque, NM 87111

January 15th - February 19th, 5:30pm-7:30pm (Tuesdays)
Skills for Dementia Caregiving
Alzheimer's Association, NM Chapter
9500 Montgomery Blvd. NE, Ste. 121, Albuquerque, NM 87111

January 17th - February 21st, 10:00am-12:00pm (Thursdays)
Skills for Dementia Caregiving
Alzheimer's Association, NM Chapter
9500 Montgomery Blvd. NE, Ste. 121, Albuquerque, NM 87111

March 12th - April 16th, 9:30am-11:30am (Tuesdays)
Skills for Dementia Caregiving
Alzheimer's Association, NM Chapter
9500 Montgomery Blvd. NE, Ste. 121, Albuquerque, NM 87111

March 12th - April 16th, 5:30pm-7:30pm (Tuesdays)
Skills for Dementia Caregiving
Alzheimer's Association, NM Chapter
9500 Montgomery Blvd. NE, Ste. 121, Albuquerque, NM 87111

March 14th - April 18th, 10:00am-12:00pm (Thursdays)
Skills for Dementia Caregiving
Alzheimer's Association, NM Chapter
9500 Montgomery Blvd. NE, Ste. 121, Albuquerque, NM 87111

May 7th - June 11th, 9:30am-11:30am (Tuesdays)
Skills for Dementia Caregiving
Alzheimer's Association, NM Chapter
9500 Montgomery Blvd. NE, Ste. 121, Albuquerque, NM 87111

May 7th - June 11th, 5:30pm-7:30pm (Tuesdays)
Skills for Dementia Caregiving
Alzheimer's Association, NM Chapter
9500 Montgomery Blvd. NE, Ste. 121, Albuquerque, NM 87111

May 9th - June 13th, 10:00am-12:00pm (Thursdays)
Skills for Dementia Caregiving
Alzheimer's Association, NM Chapter
9500 Montgomery Blvd. NE, Ste. 121, Albuquerque, NM 87111

For information on additional presentations, trainings and classes in this region, please contact us using the information provided above. Thank you.

NORTHEASTERN SKILLS FOR DEMENTIA CAREGIVING CLASSES

Tina De La Luz, Program Director

tdelaluz@alz.org, 1 (800) 272-3900
811 St. Michael's Dr., Suite 106
Santa Fe, NM 87505

For information on presentations, training and classes in this region, please contact us using the information provided above. Thank you.

NORTHWESTERN SKILLS FOR DEMENTIA CAREGIVING CLASSES

Waldon Lynch, NW Regional Manager

wlynch@alz.org, 1 (800) 272-3900
3300 N. Butler Avenue, Suite 221
Farmington, NM 87401

January 8 - February 12, 10:00am - 12:00pm (Tuesdays)
Skills for Dementia Caregiving
San Juan Center for Independence
1204 San Juan Blvd., Farmington, NM 87401

January 12 - February 16, 10:00am - 12:00pm (Saturdays)
Skills for Dementia Caregiving
Cedar Ridge Inn Assisted Living
800 Saguaro Trail, Farmington, NM 87401

March 5 - April 9, 10:00am - 12:00pm (Tuesdays)
Skills for Dementia Caregiving
San Juan Center for Independence
1204 San Juan Blvd., Farmington, NM 87401

March 9 - April 13, 10:00am - 12:00pm (Saturdays)
Skills for Dementia Caregiving
Cedar Ridge Inn Assisted Living
800 Saguaro Trail, Farmington, NM 87401

April 30, to June 4, 10:00am - 12:00pm (Tuesdays)
Skills for Dementia Caregiving
San Juan Center for Independence
1204 San Juan Blvd., Farmington, NM 87401

May 4 to June 8, 10:00am - 12:00pm (Saturdays)
Skills for Dementia Caregiving
Cedar Ridge Inn Assisted Living
800 Saguaro Trail, Farmington, NM 87401

For information on additional presentations, training and classes in this region, please contact us using the information provided above. Thank you.

SOUTHWESTERN SKILLS FOR DEMENTIA CAREGIVING CLASSES

Alexis Ramirez, SW Regional Programs Manager

alramirez@alz.org, 1 (800) 272-3900
1155 S. Telshor, Ste. 202
Las Cruces, NM 88011

January 24 - February 28, 1pm-3pm (Thursdays)
Skills for Dementia Caregiving
Alzheimer's Association, NM Chapter
1155 S. Telshor Blvd., Las Cruces, NM 88011

March 28 - May 2, 1pm-3pm (Thursdays)
Skills for Dementia Caregiving
Alzheimer's Association, NM Chapter
1155 S. Telshor Blvd., Las Cruces, NM 88011

May 23 - June 27, 1pm-3pm (Thursdays)
Skills for Dementia Caregiving
Alzheimer's Association, NM Chapter
1155 S. Telshor Blvd., Las Cruces, NM 88011

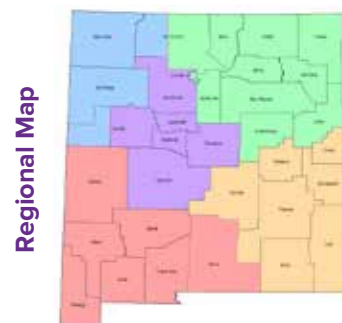
For information on additional presentations, training and classes in this region, please contact us using the information provided above. Thank you.

SOUTHEASTERN SKILLS FOR DEMENTIA CAREGIVING CLASSES

Tina De La Luz, Program Director

tdelaluz@alz.org, 1 (800) 272-3900
Sunwest Centre Office Complex
500 N. Main, Suite 501
Roswell, NM 88201

For information on presentations, training and classes in this region, please contact us using the information provided above. Thank you.



Regional Map

- Farmington - Northwestern Regional Office
- Santa Fe - Northeastern Regional Office
- Albuquerque - Greater Albuquerque Regional Office
- Las Cruces - Southwestern Regional Office
- Roswell - Southeastern Regional Office