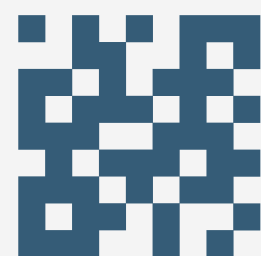


Upcoming Online Events In May



April 30th, 2026 12:00 PM - 1:00 PM EST 4 weeks	Anonymous Support Group: Navigating Dementia Behaviors	This group is for caregivers supporting someone with dementia. Each week we'll focus on a different dementia-related behaviour and what it actually feels like to be on the receiving end of it. We'll talk about navigating these behaviours, what they stir up, and what other caregivers have found that helps, even a little. The goal is to walk away with a new way of seeing it, a small thing to try, or just the relief of feeling less alone.
May 1st, 2026 1:00 PM - 2:00 PM EST 3 weeks	Caregiver Class: Staying Safe	This class focuses on recognizing early signs of tension, using de-escalation strategies, and staying physically and emotionally safe in challenging moments. You'll learn how to respond when situations become stressful, protect your own well-being, and create a simple, realistic safety plan for your home or care setting. This is a space to learn, ask questions, and leave with practical tools to help you feel more confident and secure in your caregiving role.
May 5th, 2026 12:00 PM - 1:00 PM EST One-Time Event	'Together in Care' Talk Show: Episode 4	The theme for this episode is "The Quiet Struggle." Mental health is something many of us navigate in silence, through the anxiety, the low days, and the pressure of staying strong for others. When there is little space to say I'm struggling too, that weight can grow heavier over time. In this talk show, care coaches Monique and Ankita open an honest conversation about what it means to carry these experiences.
May 20th, 2026 5:00 PM - 6:00 PM EST One-Time Event	Webinar: An Introduction to AI in Caregiving	Caregivers are hearing about artificial intelligence everywhere right now, from medical devices to apps to tools that promise to make life easier. It can be hard to know what is real, what is relevant, and what to do with any of it. This webinar looks honestly at what AI tools exist that touch caregiving, what they can actually do, and where they fall short.



REGISTER FOR THESE EVENTS AND MANY MORE AT
(CLIENT URL)