



2022

# CALM Conversations

*A Michigan Alzheimer's Disease Center program for family caregivers.*

CALM Conversations is a series of facilitated discussions exploring topics related to change and loss throughout the caregiving journey. The program is designed for family caregivers of adults living with dementia. Recognizing the presence and impact of losses while developing ways to include grieving in wellbeing practice is integral to connection, healing, and growth.

This program is part of the Michigan Alzheimer's Disease Center Wellness Initiative and is facilitated by Laura Rice-Oeschger, LMSW and Theresa Gierzynski, LLMSW.

CALM Conversations is currently offered virtually. Sessions meet quarterly. You may choose to attend one or all sessions.

## *To register*

Please register by one day prior to the session at [alzheimers.med.umich.edu/calm-conversations](http://alzheimers.med.umich.edu/calm-conversations)

Virtually on Zoom  
Quarterly on the last  
Thursday of the month

1:00 - 2:30pm

January 27

Recognizing and caring for grief  
and loss in everyday life

April 28

Coping with the grief that arises  
after securing additional  
support, such as in-home care,  
respite or a relocation

July 28

Grieving through new decisions  
when circumstances change or  
challenge a care plan or promise

October 27

Rebuilding and creating a life  
for yourself when primary  
caregiving transforms or ends