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 online at alzheimers.med.umich.edu/calm-conversations

After registering, a staff member will contact you to set up an initial meeting before the start of the session.