



**FamilyMeans**  
CAREGIVING & AGING

# Caring for the Caregiver

## Writing & Memory Book Workshop

Learn the simple practice of free writing using prompts to help relieve stress and share stories. Create a *Memory Book* as a communication tool to use with someone living with dementia or a chronic condition and families and friends. Supplies included.

**Wednesdays, Feb 28 & March 6**

**1:30-3 p.m.**

**FamilyMeans**  
**1875 Northwestern Ave S, Stillwater**  
**\$60/ sliding scale fee available**

Workshop guided by Heidi Ricks, Dementia Program Coordinator. She is excited to share both of these ideas as ways to expand your self-care practice as a caregiver. This is an in-person class, but if you are unable to leave your home due to caregiving, please talk to us about attending virtually.

**Please contact Heidi Ricks to register at (651) 789-4017 or [hricks@familymeans.org](mailto:hricks@familymeans.org)**