

Virtual Programs

For Caregivers

March 4 at 12 PM ► [Building Foundations of Caregiving](#)

March 11 at 12 PM ► [Supporting Independence](#)

March 18 at 12 PM ► [Communicating Effectively](#)

March 25 at 12 PM ► [Responding to Dementia-Related Behavior](#)

March 26 at 6 PM ► [Dementia Conversations](#)

All Are Welcome

March 6 at 6 PM ► [Understanding Alzheimer's and Dementia](#)

March 12 at 12 PM ► [Healthy Living For Your Brain & Body](#)

March 19 at 6 PM ► [Know the 10 Warning Signs](#)

March 19 at 6 PM ► [Healthy Living For Your Brain & Body](#)

March 20 at 12 PM ► [Creating Dementia-Friendly Reading Material](#)

In-Person Programs

March 8 at 10 AM ► [Understanding Alzheimer's and Dementia](#)

This program will take place at the Alzheimer's Association Maine Chapter Office, 383 US Route One, Suite 2C, Scarborough, ME 04074.

March 22 at 10 AM ► [Building Foundations of Caregiving](#)

This program will take place at the Alzheimer's Association Maine Chapter Office, 383 US Route One, Suite 2C, Scarborough, ME 04074.