

Isolation, Caregiving, and Mental Health: Paths Toward Well-Being



**Wednesday,
January 13, 2021**

Noon - 1:00 pm

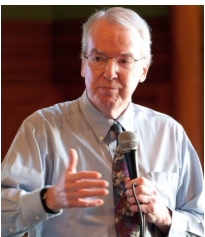
**Comfort of
Your Home**

Registration Link:

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Well-being may seem illusive - a nice dream, but seldom achieved - when living with or caring for someone with dementia and related medical or mental health conditions. Distress may have increased given the ripples of a pandemic: isolation, ambiguity, and fear.

In this session, participants will gain perspectives and tools for coping well, even in tough times. Realistic options for mental health for all involved will be named and discussed.



Presenter:

Ted Bowman is an educator, author, and consultant who specializes in change and transition. He has published more than 90 articles, chapters, booklets, and poems that are used in grief and bereavement settings. Ted is a frequent speaker with many groups across the United States and has led workshops in Uruguay, Taiwan, Russia, Moldova, Ireland, Lithuania, and Canada.

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