Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON

Why Do I Feel So Guilty?

Exploring Why Feelings of Guilt are Common for Caregivers of Those Living with Dementia



Date & Time:

Wednesday, June 23, 2027

1:00 pm - 3:00 pm

Location:

Bobcaygeon

(exact location provided upon registration)

Caregivers of those living with dementia are constantly making tough choices: when to correct vs. comfort, when to step in vs. step back, when to continue vs. let go. Almost every choice has no perfect answer. This constant uncertainty feeds guilt, and caregivers often feel like they are “failing” even when they’re doing the very best possible. These feelings are normal, and you’re not alone in feeling them. In this education session, we’ll explore the common reasons for caregiver guilt and share tips for identifying and managing guilty feelings.

Who Should Attend: Care partners, family members, and friends of persons living with dementia

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This session is offered FREE of charge, but spaces are limited.
Registration is required for this program.

Interested to know if this workshop is a good fit for your learning? Please contact your Alzheimer Society Counsellor. If you are connecting with the Alzheimer Society for the first time, please contact our Intake Coordinator at (705) 748-5131 or 1-800-561-2588, ext. 235.

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