



# How to Build Strength and Resilience

...while living with chronic, progressive illness

**March 6 – March 27, 2026**

**Four Fridays 1-230pm**

**1541 S. St. Francis Dr.**

**Memory Care Alliance Office**

**This educational, supportive, and action-oriented program is for people with Parkinson's Disease or any dementia diagnosis and their caring partners.**

Whether you have the diagnosis or are the partner/helper, you each have unique losses and challenges—physical, mental, and emotional. With the right tools and support, you can build the strength to bounce back from setbacks and create more balance and well-being in your daily life.

The purpose of this program is to learn, share, and take action:

- Dealing with the challenge of loss
- How to change negative thinking
- Build resilience to handle daily challenges
- Create your personal plan

You will leave the program with concrete information and tools to communicate more clearly and take effective actions. By making small, effective choices, you can take charge even when your circumstances seem overwhelming.

Richard Houston, PhD, Clinical Psychologist and Educator, and Eileen Joyce, Certified Coach/Grief Recovery Specialist, have developed this program.

**Please contact Eileen to reserve your place: email [ej@eileenjoyce.com](mailto:ej@eileenjoyce.com) or call 505.428.0670.**



This program is delivered *free of charge* and is a partnership between the Memory Care Alliance and Santa Fe Parkinson's Disease Action Group/POP. It is supported by a grant from the Parkinson's Foundation.