



**Dr. Tigerson Young, Registered Psychologist**

Dr. Tigerson Young is a registered psychologist in BC. He works in a full-time private practice. He is an adjunct faculty at UBC, Kwantlen Polytechnic University, and Thompson Rivers University. He also hosts a monthly radio show with Ms. Deborah Moore on AM1470.

**Session:** *Mental health tips for caregivers of people with dementia*

- Objectives:**
1. Recognize signs & symptoms of stress
  2. Learn strategies for stress management
  3. Understand when to seek help, as a caregiver

**Date:** Day 2 - Sunday, December 12, 2021