



# Connections Matter®

## Dementia Education & Support

### Exploring Interactions

For many of us interacting with others may not come easily, add to that the differences we can have with communicating our feelings, and relational difficulties can emerge. This is where **Exploring Interactions** comes in.

Conducted with two people, **Exploring Interactions** offers a unique approach to interacting, giving you support by helping you through observation and reflection. This course is good for reducing the sense of social isolation that we can feel when difficulties arise.

You can choose to include several education modules in the course or participate as is. The course can be conducted over several weeks to help you achieve the most from your interactions or you can condense the sessions over a few days.

Choose from:

- Grief and Loss
- Knowing Each Other
- Communicating and Connecting
- Improv. and Dementia (previously *Offering, Blocking or Accepting*)
- Critical Reflection
- Just Talk
- and more.

For more information about **Exploring Interactions** and how to book [Contact](#) us @ **Connections Matter**.

A member of the team will be in touch with you shortly.

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