

SHARING KNOWLEDGE - SHARING HOPE



Support Podcasts

Dimensions in Resilience

<https://www.youtube.com/watch?v=W8KbRJpOOXI&feature=youtu.be>

SHARING KNOWLEDGE, SHARING HOPE NLMSF PODCAST SERIES

View the first episode, **Dimensions in Resilience**. You can review the accompanying discussion [slides here](#).

Caring for the Caregiver

<https://youtu.be/n4OOCzeh1LQ>

accompanying PowerPoint is [accessible here](#).

Introducing MORNING PAGES - A self-driven Cognitive Support Therapy Concept

<https://youtu.be/0fv3DoEWFtQ>

<https://tinyurl.com/yxpsdfmy>

