

Are you caring for a loved one?

We can help!!



Caregiver Classes

POWERFUL TOOLS FOR CAREGIVERS WORKSHOP

Caring for a relative or a friend with a chronic illness can be stressful physically, emotionally and financially.

Join our Powerful Tools for Caregivers six week class that is designed to provide you, the family caregiver, with the skills you need to take care of yourself.

Powerful Tools for Caregivers will help you:

- ✓ Reduce Stress
- ✓ Improve self-confidence
- ✓ Balance your life
- ✓ Better communicate your feelings
- ✓ Increase ability to tackle tough decisions
- ✓ Locate helpful resources

Upcoming Classes:

Turrill Elementary – Lapeer

Mondays: January 7 – February 11, 2019

Time: 6:00pm – 7:30pm

Location: Turrill Elementary 785 S Elm Street Lapeer, MI 48446

To register call: Jennifer Joyner, VAAA at
(810) 239-7671 x 281

Lapeer Senior Center

Fridays: January 11 – February 15, 2019

Time: 2:00pm – 3:30pm

Location: Lapeer Senior Center 287 W Nepessing St. Lapeer, MI 48446

To register call: Jennifer Joyner, VAAA at
(810) 239-7671 x 281.

Burton Senior Center

Wednesdays: February 27 – April 3, 2019

Time: 1:30pm – 3:00pm

Location: Burton Senior Center 3410 S Grand Traverse Burton, MI 48529

Cost: A \$10.00 donation is requested, but not required, to assist in paying for “The Caregiver Helpbook”.



CREATING CONFIDENT CAREGIVERS

A program for family members caring for a loved one with dementia and/or memory loss.

Learn About:

- Dementia and its effects on the brain
- Caregiver Resources
- Managing behaviors
- Improving caregiving skills
- How to handle everyday activities more easily
- Taking care of yourself to better care for your loved one

Upcoming Classes:

Clio Area Senior Center

2136 W Vienna Rd Clio, MI 48420
Fridays: January 25 – March 8, 2019
10:00am – Noon

To register call: Clio Area Senior Center
(810) 687-7260

Cost: A \$10.00 Donation is requested, but not required, to assist in paying for the Creating Confident Caregivers class workbook.

This class is being paid for by the Valley Area Agency on Aging (VAAA) and Aging and Adult Services Agency (AASA). If you would like additional information, please call Abbie Mars at VAAA at (810) 600-0633 or marsa@valleyaaa.org.