

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:

Burton Senior Center

3410 S Grand Traverse Burton, MI 48529

Tuesdays: June 4 – July 9, 2019

Time: 2:00pm – 3:30pm

To register call: Burton Senior Center at
(810) 744-0960

Grand Blanc Senior Center

12632 Pagels Dr. Grand Blanc, MI 48439

Fridays: July 12 – August 23, 2019

Time: 1:30pm – 3:00pm

To register call: Grand Blanc Senior Center at
(810) 695-3202

Imlay City Senior Center

395 E Third St Imlay City, MI

Tuesdays: July 16 – August 20, 2019

Time: 1:30pm – 3:00pm

To register call: Imlay City Senior Center at
(810) 724-6030

Cost: A \$20.00 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.

You will 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:

Trinity United Methodist Church

1310 N Main Street Lapeer, MI 48446

Wednesdays: June 19 – July 24, 2019

4:30pm – 6:30pm

To register call: Jennifer Joyner at
(810) 239-7671 Ext 213

Eastside Senior Center

3065 N Genesee Rd Flint, MI

Wednesdays: July 24 – August 28, 2019

10:00am – Noon

To register call: Eastside Senior Center at
(810) 250-5000

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

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