



CREATING CONFIDENT CAREGIVERS

Provided by:



**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

Free Respite Care

Care for your family member with memory loss can be provided free of charge so you may attend the class sessions.

Call Jennifer Joyner, Valley Area Agency on Aging at (810) 239 -7671 Ext 281 to schedule.

Cost:

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

Upcoming Classes:

Swartz Creek Senior Center

8095 Civic Drive Swartz Creek MI 48473  
Fridays: September 6 – October 11, 2019  
1:00pm – 3:00pm

To register call: Swartz Creek Senior Center at (810) 635–4122

There is no cost to this class, Swartz Creek Senior Center is covering the cost of the participant manuals.

Grand Blanc Senior Center

12632 Pagels Drive Grand Blanc MI 48439  
Fridays: September 6 – October 11, 2019  
1:00pm – 3:00pm

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

Lapeer Trinity United Methodist Church

1310 N Main St Lapeer MI, 48446  
Wednesdays: September 25 – October 30, 2019  
10:30am – 12:30pm

To register call: Jennifer Joyner at (810) 239-7671 ext 281

Clio Area Senior Center

2136 W Vienna Rd Clio, MI 48420  
Wednesdays: November 20 – December 18, 2019  
10:00am – Noon

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