

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:

Grand Blanc Senior Center

12632 Pagels Dr. Grand Blanc, MI 48439
Wednesdays: September 4 – October 9, 2019
2:30pm – 4:00pm
To register call: Grand Blanc Senior Center at
(810) 695-3202

Flushing Area Senior Center

106 Elm St. Flushing MI 48433
Tuesdays: September 3 – October 8, 2019
1:30pm – 3:00pm
To register call: Flushing Senior Center at
(810) 659-4732

Loose Center

707 N Bridge St. Linden, MI
Wednesdays: October 16- November 20, 2019
Time: 2:30pm – 4:00pm
To register call: Loose Center at 810-735-9406

Cost: A \$20.00 donation is requested, BUT not required to assist in paying for "The Caregiver Helpbook".

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.



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:

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
This class is FREE!!!!

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