

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:

Swartz Creek Area Senior Center
8095 Civic Drive Swartz Creek, MI
Fridays: March 1 – April 5, 2019

Time: 1:30pm – 3:00pm

To Register Call Swartz Creek Senior Center at 810-635-4122

Active Adult Day Health Club

2284 S Ballenger Hwy Ste E Flint, MI 48503

Wednesdays: April 17 – May 15, 2019

Time: 2:30pm – 4:00pm

To register call: Abbie Mars, at Valley Area Agency on Aging at (810) 600-0633

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:

Carmen Ainsworth Senior Center
2071 Graham Rd. Flint, MI
Wednesdays: February 27 – April 3, 2019
10:00am – Noon
To register call: Carmen Ainsworth Senior Center 810-732-6290

Grand Blanc Senior Center
12632 Pagels Drive Grand Blanc, MI
Fridays: March 15 – April 12, 2019
10:00am – Noon
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.

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.