

iCare4U News February 2020

Happy New Year!

Free Yoga Class for Caregivers in the New Year



Caregiving can be stressful and often caregivers do not take time for self-wellness. This is an opportunity to kick-off the new year by focusing on *YOUR* health and wellness. Come to this FREE yoga class designed especially for you, the family caregiver.

Location- Henry Ford Medical Center - Second Street
Fitness Works - 2nd floor yoga studio
6525 Second Street Detroit, MI 48202

Class dates- **February 19 and March 25, 2020**

Class time- 4:00-5:25pm

Cost- FREE

Registration coming soon through our website henryford.com/familycaregivers or call us at (313) 874-4838

*Registration required due to limited capacity

Classes are sponsored by Henry Ford Health System iCare4U Employee Resource Group. Additional locations will be offered in the new year...check out the website for more information!

7 Caregiver Support Groups

Henry Ford Health System C.A.R.E. Program offers 7 different support groups designed especially for family caregivers. They are free and open to anyone-you do not have to be caring for a patient of Henry Ford. We have locations in Detroit, Wyandotte, Clinton Twp., Troy, West Bloomfield, Plymouth, and Jackson.

For more specific information about our support groups, please visit www.henryford.com/caregiversupportgroup or call us: 313-874-4838

Schedule an Art Therapy Session

We have 2 art therapists with the C.A.R.E. Program who are excited to come to your location in the new year. Do you have a group of people at your place of worship, a community center, or at workplace that need to de-stress or would like a team-building exercise? We have many ideas for you to choose from. Some ideas include vision boards, acrylic canvas paintings, comfort boxes, beaded bracelet making, manadas, and more! Contact us today for pricing and to schedule a session with your group. Email CaregiverResources@hfhs.org or call (313) 874-4838



Volunteer Mentorship Opportunity

This year, Henry Ford Health System's Workforce Diversity & Workforce Solutions department is partnering with the local non-profit StreetWise Partners. StreetWise runs a mentorship program to help adults from historically overlooked communities gain the professional skills and network they need to find employment. We are currently looking for mentors for our program this Spring, March 17 to June 18. In this program, mentors and mentees will meet once a week on Tuesdays or Thursdays for 13 weeks where they are guided through a curriculum to develop skills to launch their career. The curriculum focuses on such skills as resume building, LinkedIn profiles, interview skills, elevator pitches, and more. Find out more and sign up for an informational session here:

<https://streetwisepartners.org/volunteers/mentors/>

If you have any questions about the mentorship program volunteer opportunities, please contact Detroit Program Director, Alphonso Amos, at alphonso@streetwisepartners.org or AJ Evans, Henry Ford Health System Consultant – Workforce Solutions, Workforce Diversity, Employee Relations & Diversity at aevans1@hfhs.org

Contact Us at Henry Ford C.A.R.E. Program

henryford.com/familycaregivers

(313) 874-4838

CaregiverResources@hfhs.org

Facebook group: *Henry Ford Health System Family Caregivers*