

iCare4U News July 2020



New Virtual Caregiver Support and Stress Management Classes

Caregiver Support Stress Management classes are designed to help identify and support you, the caregiver. The **FREE** classes are held for 45 minutes and facilitated by a Licensed Professional Counselor and Health Educator, Keila Kilgore, MA, LPC. Each week will offer a different self-care topic. You are welcome to join any or all sessions. Classes start July 29th. **Wednesday classes start at 5pm and Thursday classes at 11am.**

Topics for each week:

- July 29/30: Compassion Fatigue
- August 19/20: How Do YOU Cope with Stress
- September 23/24: How to Make Stress Your Friend- Talk Back to Negative Thoughts
- September 30/October 1: Resilience & Self Care
- October 7/8: Setting Boundaries and Resuming Control of our Lives
- October 28/29: Boosting Joy
- November 18/19: Resources and Tools to Enhance Self Care

On-Line Art Therapy with Kelly

Due to the popularity of the classes, **NEW CLASSES** have been added through August 2020! Join Kelly Darke, C.A.R.E. Program Art Therapist who will be hosting **FREE** on-line art therapy. These 45-minute classes are designed for adults and children to participate. A new project will be offered every week. The classes will be held **every Wednesday at 10am and every Thursday at 6pm.**

Topics for each week:

- July 22/23: Beautiful Frustration
- July 29/30: Mandala
- August 5/6: Roll & Draw
- August 12/13 Support System Universe
- August 19/20: Woven Thoughts

The art therapy will use supplies that are available in your home or can be easily purchased at local stores or on-line. Sample of items needed: Paper(which may include any of the following: printer paper, drawing paper, old mail envelopes, paper bags, wrapping paper, etc.), Pencil, Pens, Markers, Colored pencils, Glue/glue stick, Magazine (to cut up for collage), and stickers.

Caregiver Support Groups

Henry Ford Health System's **FREE** family caregiver support groups are now virtual and held two times every Tuesday: **11am and 6pm.**

Click this [LINK](#) to register for VIRTUAL caregiver support groups, stress management classes, and art therapy sessions!

Art therapy In the News

Henry Ford Health System News, hosted by Dana Jay, is a short, magazine-style news program which debuted this month on the health system's YouTube channel. A segment featuring our Art Therapist, Kelly Darke, and Henry Ford Allegiance Health's Keila Kilgore was featured. Kelly and Keila discuss the benefits of art therapy and how it has evolved after COVID-19. You can access the entire news program here:

<https://youtu.be/SoXFG50FwV0>. The art therapy story can be seen starting at the 3:35 minute mark.

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

Website: www.henryford.com/familycaregivers

Telephone: (313) 874-4838

Email: CaregiverResources@hfhs.org



Join our Facebook Group

Henry Ford Health System Family Caregivers. Ask to join.

We can assist with providing additional caregiver support, resources and programs.



C.A.R.E. PROGRAM

*Caregiver Assistance Resources and Education Program**

Just a reminder that due to COVID-19 restrictions, all iCare4U ERG and C.A.R.E. Program in-person events have been placed on hold until further notice.