

iCare4U News June 2020



New Virtual Caregiver Support Groups

Henry Ford Health System's **FREE** family caregiver support groups are now virtual every Tuesday throughout the summer. Support groups are held two times **every Tuesday: at 11am-12pm and 6pm-7pm**. Participants can join by telephone, computer, tablet, or iPad to connect with other caregivers and Henry Ford's C.A.R.E. Program staff. For more specific information about our support groups, please email CaregiverResources@hfhs.org or call us at 313-874-4838

On-Line Art Therapy with Kelly

Join Kelly Darke, C.A.R.E. Program Art Therapist who will be hosting **FREE** on-line art therapy. The classes are designed for adults and children to participate. A new project will be offered every week. Topics covered will focus on self-awareness, support systems, gratitude, and reframing negative thoughts. The classes will be held **every Wednesday at 10am and every Thursday at 6pm** starting June 17th and June 18th.

Topics for each week:

Week 1: Positive Design

Week 2: What I Can and Cannot Control

Week 3: Gratitude Explosion

Week 4: Found Poetry

Week 5: Grow Your Strengths

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 Pages from an old book.

For more specific information about the art therapy and to register, please email

CaregiverResources@hfhs.org or call us at 313-874-4838.

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

www.henryford.com/familycaregivers

(313) 874-4838

CaregiverResources@hfhs.org

Facebook group: *Henry Ford Health System Family Caregivers. Ask to join.*

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

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.



C.A.R.E. PROGRAM

Caregiver Assistance Resources and Education Program®