



iCare4U News September 2020

FREE NEW CLASS!

Virtual Altered Book Club! Spaces are limited!

Take a lunch break and join this innovative art class. An altered book is a form of mixed media art that transforms a book into something new. The altered book could keep the form of a book but have a whole new look and meaning, or it could be transformed into a sculptural art piece - there is no right or wrong way to make an altered book. This will be a series of 6 weeks with each session lasting 30-45 minutes.



- In addition to the Altered Book Club, our regular weekly Creative Mindfulness with Art sessions have new topics added. Kids Art Club starts September 11th. The Caregiver Support and Stress Management classes continue. Sign up now, limited spaces available!
- Connect with the C.A.R.E. Program staff and other caregivers at our weekly support groups.

SPECIAL BONUS!

All participants who register **AND** attend any art class in Sept. Oct. or Nov. will receive a one-time special gift. Limit one per participant. Gift will be mailed to participants address used on registration page.

[Register Here for All Caregiver](#)

[Classes:www.henryford.com/caregiverwellness](http://www.henryford.com/caregiverwellness)

In Other ERG News:

The eMERGe and WIN Employee Resource Groups invite you to join a discussion on September 10 at 5:30 PM. Anton Babushkin, Ph.D., therapist and CEO of Start My Wellness mental health services, will cover topics including how to stay organized and get things done during the pandemic, deal with financial and job stress, and pursue your long-term goals. For additional details and to register for this virtual event, click [here](#).

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.

C.A.R.E. Program Virtual Classes



This is an opportunity to focus on YOUR health and wellness. Attend these FREE virtual support groups, art therapy and stress management sessions designed especially for All Of You! We are also offering a SPECIAL Kids Art Club and NEW Altered Book Club. All of our classes are open to caregivers, patients, family, friends, employees and the community.

[Register Here: www.henryford.com/caregiverwellness](http://www.henryford.com/caregiverwellness)

Registration Required for each class due to limited capacity.

After registering, a link for the class will be sent.

Participants can join by telephone, computer, tablet, or iPad to connect.

CLASS	DATES AND TIMES	ADDITIONAL DETAILS
<i>Creative Mindfulness with Art</i>	Wednesdays at 10am Thursdays at 6pm	Weekly ongoing classes A different topic is offered each week.
<i>Art Therapy Altered Book Club</i>	Series for 6 weeks Wednesdays at 12pm September 16-October 21	Progressive class where you will have a sculptured work of art at the end of the six weeks.
<i>Kids Art Club</i>	Fridays at 11am September 11-December 18	A different topic is offered each week. No Classes November 13th and November 27th
<i>Caregiver Support and Stress Management</i>	Offered at various dates now through November	Check out our website for all dates and times Learn various techniques to help you cope with stress and increase resilience
<i>Caregiver Support Groups</i>	Tuesdays at 11am and 6pm	Weekly ongoing sessions Connect with C.A.R.E. Program Staff and other caregivers