



C.A.R.E. PROGRAM
Caregiver Assistance Resources and Education Program

iCare4U News, July 2019

Welcome to our newest team member: Kelly Darke! Kelly is a certified Art Therapist and will be providing much needed support to the C.A.R.E. Program. Kelly has many years of experience working with a wide variety of art mediums and is able to make emotional connections through art. We look forward to sharing her talent with all of you!

'Painting Class' coming to a location near you!

Come meet Kelly, the certified art therapist, and relax and relieve stress by creating art with fellow caregivers in an uplifting, supportive environment. This session is **free** and is open to employees, their friends and family members. Space is limited! Pre-registration required.

Classes fill quickly! www.henryford.com/paintingwithkathy. All classes begin promptly at 4pm and a light dinner is provided!

Wednesday, July 24, at Henry Ford Wyandotte Hospital

Wednesday, July 31, at Henry Ford Allegiance Health, Jackson

Wednesday, Aug. 14, at Henry Ford West Bloomfield Hospital

Wednesday, Nov. 20, at Henry Ford Macomb Hospital, Clinton Township

Monthly Caregiver Classes Coming to St. Jane Frances de Chantal

Location: 38750 Ryan Road, Sterling Heights, MI 48310

August 3, 2019 – Caregiver Introduction

September 7, 2019 – Advance Directives and Verbal De-escalation Techniques

October 5, 2019 - Home Safety and Medication Safety

November 2, 2019 – Lakeshore Legal Aid-Estate Planning and Utilizing Local Resources

January 4, 2020 – Caregiver Resilience Training

February 1, 2020 – Art Therapy Program

Every person who attends will receive a ["Caregiver Binder"](#). Cost per session is \$5 per person. Light refreshments will be offered. **Registration is required. Registration deadline is one week prior to the event each month by calling St. Jane Frances de Chantal at 586-977-8080 or email: dmazur@sjfparish.org**



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Monthly Caregiver Support Groups at 6 Locations!

Find a support group near you: www.henryford.com/caregiversupportgroup

We have locations in Troy, Clinton Twp., Detroit, West Bloomfield, Plymouth and Wyandotte.

Caregiver Concierge

One-on-one meetings for caregivers with C.A.R.E. Program experts. Meet in person or over the telephone. There is no cost. Contact us today to schedule your consultation. Or, call (313) 874-4838 or email CaregiverResources@hfhs.org

The Henry Ford C.A.R.E. Program www.henryford.com/familycaregivers

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