

# Caregiver classes & support groups



## 2026

Henry Ford Health's C.A.R.E. Program and the iCare4U Employee Resource Group provide virtual and in-person support for family caregivers, the community, and employees. Using technology, participants may join by calling in from a phone or connecting with a tablet, iPad or computer. If you have any questions, please email us at [CaregiverResources@hfhs.org](mailto:CaregiverResources@hfhs.org) or call at **866.574.7530** or **313.874.4838**.

All times listed are Eastern Standard Time Zone.

### Online programs

#### Caregiver Support Group

Join fellow caregivers and find support to assist you in your caregiving role.

*Meets virtually at 11:00 a.m. most Tuesdays.*

#### Creative Mindfulness with Art

Designed for adults of any age, this class is led by board-certified art therapist, Kelly Darke, and features a new project each week.

*Meets virtually at 10:00 a.m. and 6:00 p.m. most Thursdays.*

#### Healing Power of Art

Explore how creative expression can serve as a powerful tool for emotional healing, self-discovery, and inner peace. Participants will have the opportunity to engage in a guided art-making activity, offering a hands-on experience of art as a gentle, supportive practice for self-care and personal insight.

*Meets virtually at 12:00 p.m. on the 2nd Wednesday of each month*

#### All About Advance Directives

Join our Care Specialists and learn what an advance directive and medical durable power of attorney are and why they are important.

*Meets virtually at 11:00 a.m. on the 3rd Monday of each month.*

#### Dementia-related Educational Topics

Join experts from the Alzheimer's Association of Michigan who are offering virtual education topics designed to provide caregivers, families, health professionals and the general community with valuable information about Alzheimer's disease and other dementias.

*Meets virtually at 12:00 p.m. on the 2nd Monday of each month.*

To join an online class and learn more please visit

[HenryFord.com/CaregiverWellness](https://www.henryford.com/CaregiverWellness)

### In-person programs

#### Caregiver Support Group with Carl Fraser, LMSW - Sterling Heights

Henry Ford Medical Center-Sterling Heights  
3500 15 Mile Road, 2nd floor, Conference room A.

*Meets at 5:30 p.m. on the 3rd Monday of each month.*

#### Caregiver Support Group with Bridget Daly, OTRL - Allen Park

Henry Ford Medical Rehabilitation Center -  
Allen Park, 7445 Allen Road

*Meets at 5:30 p.m. on the 3rd Tuesday of each month.*

#### Speak with a Care Specialist at Henry Ford Cancer-Detroit

2800 W. Grand Boulevard, Detroit, MI 48202

Speak one on one with an expert that can help you identify resources, address caregiver stress, and learn about educational classes that assist caregivers of all types.

*Meets from 11:00 a.m.-1:00 p.m. on the 2nd Wednesday of each month, in the lobby at the Patient Resource Center.*

### Questions?

[HenryFord.com/FamilyCaregivers](https://www.henryford.com/FamilyCaregivers)

**866.574.7530** or **313.874.4838**

[CaregiverResources@hfhs.org](mailto:CaregiverResources@hfhs.org)

Or visit our website by scanning the QR code.



We invite you to join our online community of caregivers in our Facebook group, Henry Ford Health C.A.R.E. Program, to share resources, ask questions, and connect with other caregivers.

Henry Ford Health provides qualified interpreters and other aids for Deaf, DeafBlind, and Hard-of-Hearing persons at no cost. To request assistance, contact the C.A.R.E. Program by emailing [CaregiverResources@hfhs.org](mailto:CaregiverResources@hfhs.org). Please allow 3 days to process the request.