

# C.A.R.E. Program

## Caregiver Assistance Resources and Education Program®



## Summer 2023 Virtual Sessions

Henry Ford Health's C.A.R.E. Program and the iCare4U Employee Resource Group provides virtual support offerings for employees, patients, family caregivers, and the community. Participants may join by calling in from a phone or connecting with a tablet, iPad or computer. Registration is preferred online: [henryford.com/caregiverwellness](https://henryford.com/caregiverwellness). If you need assistance with registration or have any questions please email us: [CaregiverResources@hfhs.org](mailto:CaregiverResources@hfhs.org) or call toll-free: 866.574.7530.

- **Caregiver Support Groups:** We welcome everyone over 18 years of age to join this group who is caring for another person. This group meets on select Tuesdays at 11 a.m. E.S.T.  
**When:** June 6, 13, 20, & 27      July 18 & 25      August 1, 8, & 15
- **Creative Mindfulness with Art:** Designed for adults of any age, this class is led by an art therapist and features a new project each week. Join one or all sessions. This group meets on select Thursdays at 10 a.m. and 6 p.m. E.S.T.  
**When:** June 1, 8, 15, 22, & 29      July 20 & 27      August 3, 10, 17, & 24.
- **All About Advance Directives:** Learn the various aspects of an advance directive and the importance of having the conversation with your loved ones. This class meets on select Mondays at 11 a.m. E.S.T.  
**When:** June 19 or July 17
- **Healthy Living for your Brain and Body:** Learn from an expert from the Alzheimer's Association discuss common issues and provide some tips for caregivers. Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age and practical ways you can incorporate changes into a plan for healthy aging.  
**When:** June 12 at 12 p.m. E.S.T.

Many educational topics for caregivers have been recorded and added to our website to view when you have time. Check the website for an exciting and specially designed blog for caregivers. For the most up-to-date information or to speak with a C.A.R.E. Program team member visit our website or call our toll-free number.

### Contact information:

C.A.R.E. Program Website: [henryford.com/familycaregivers](https://henryford.com/familycaregivers)

Toll-free: 866.574.7530

Facebook Group: Henry Ford Health C.A.R.E. Program

Registration link: [www.henryford.com/caregiverwellness](https://www.henryford.com/caregiverwellness)

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