## C.A.R.E. Program Virtual Offerings

## June - August 2021

Attend these FREE virtual support groups, self-care, and educational sessions designed especially for All Of You to focus on YOUR health and wellness.

- Classes are open to caregivers, patients, family, friends, employees and the community.
- Please check the website for current schedule of dates.

## Register Here: 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  |
|---|--|---|
| Caregiver<br>Support Group                            | Every Tuesday at 11am and 6pm  | Join fellow caregivers and care giving experts for support and information.   |
| Creative<br>Mindfulness<br>With Art                   | July 14, 21 & 28; August 4, 11,<br>18 & 25 at 10:00 AM                           | A new project will be offered every week and lead by<br>Kelly Darke, a Registered Art Therapist. Topics covered will<br>focus on self-awareness, support systems, gratitude, and<br>reframing negative thoughts.  |
| Kids Art Camp   | Every day, June 21-June 25,<br>11am-12pm   | This virtual art camp is all about creative experimentation.<br>How do artists come up with new ideas? How do artists<br>think about their materials? This week we will learn to use<br>everyday items as art materials and how to look at the<br>world with the eyes of an artist. |
| Advance Care<br>Planning                              | 3rd Monday of every month<br>at 11am and 3rd Wednesday<br>of every month at 6pm. | Participants will learn the importance for having an<br>advance directive, what a medical durable power of<br>attorney is, and the legal requirements for an advance<br>directive to be valid in Michigan.  |
| Alzhemier's<br>Association<br>Educational<br>Sessions | June 7, 14 and 21 at 12PM  | 3 different topics will be presented by an expert from the<br>Alzheimer's Association. See website for specific details.  |
| C.A.R.E.<br>Program<br>Overview                       | 3rd Thursday of every month at 10am  | This is a basic informational session to learn about the Henry Ford Health System C.A.R.E. Program.   |
| Kids Art<br>Session                                   | July 14 and August 11 at 11am  | These sessions are designed for school-aged kids. No experience required. Minimal art supplies needed.  |



Questions: email CaregiverResources@hfhs.org or call (866) 574-7530 Classes are sponsored by Henry Ford Health System C.A.R.E. Program (Caregiver Assistance Resources And Education) and iCare4U ERG