

# Caregiver classes & support groups

## January – June 2024

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: [CaregiverResources@hfhs.org](mailto:CaregiverResources@hfhs.org) or call: 866.574.7530 or 313.874.4838.

All times listed are Eastern Standard Time Zone.

**In-person Caregiver support group** Join Carl Fraser, LMSW, once a month at the Henry Ford Medical Center-Sterling Heights 3500 15 Mile Rd. 2nd floor Conference room A.

*Meets at 5:30 p.m. on 1/15, 2/19, 3/18, 4/15, 5/20, & 6/17.*

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

*Meets virtually on most Tuesdays at 11 a.m.*

**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.

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

**New: Neuroscience of art: monthly topic** Learn how making and viewing art affects your physical and mental health. Studies in neuroscience are discovering the many ways we are changed, for the better, because of how we engage with art. Each month will feature a specific topic related to the neuroscience of art. Join us for one or all the presentations!

*Meets virtually at 12 p.m. for 30 minutes on 1/17, 2/21, 3/20, 4/17, 5/15, & 6/19.*

**All about advance directives** Hear from a registered nurse specially trained in advance care planning and learn what an advance directive and medical durable power of attorney are and why they are important.

*Join virtually on one of these Mondays at 11 a.m. on 1/22, 2/19, 3/18, 4/15, 5/20, & 6/17.*

**Dementia-related topic** Hear from Alzheimer's Association expert discussing various topics relating to dementia and Alzheimer's Disease.

*Meets virtually at 12 p.m. on 1/8, 2/12, 3/11, 4/8, 5/13, & 6/10.*

Visit our website by scanning this code:



Please check the website or call our toll-free number for up-to-date information & additional classes.

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.

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

Call 866.574.7530 or 313.874.4838

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

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.