



CREATING CONFIDENT CAREGIVERS

Provided by:



Creating Confident Caregivers:

A program for family members caring for a loved one with dementia and/or memory loss.

Learn About:

- Dementia and its effects on the brain
- Caregiver Resources
- Managing behaviors
- Improving caregiving skills
- How to handle everyday activities more easily
- Taking care of yourself to better care for your loved one

Free Respite Care

Care for your family member with memory loss can be provided free of charge so you may attend the class sessions.

Call Jennifer Joyner, Valley Area Agency on Aging at (810) 239 -7671 Ext 281 to schedule.

Cost:

A \$10.00 Donation is requested, but not required, to assist in paying for the Creating Confident Caregivers class workbook.

Upcoming Classes:

Clio Senior Center

2136 W Vienna Rd Clio, MI 48420

Tuesdays: November 21 – December 19, 2017

1:30pm – 3:30pm

To register call: Jennifer Joyner, VAAA at (810)

239-7671 Ext 281.

Davison Senior Center

10135 Lapeer Rd Davison, MI 48423

Fridays: January 5 – February 9, 2018

2:00pm – 4:00pm

To register call: Davison Senior Center at

(810) 658-1566

Calvary United Methodist Church

2111 Flushing Rd Flint, MI 48504

Mondays: January 8 – February 12, 2018

10:00am – Noon

To register call: Jennifer Joyner, VAAA at

(810) 239-7671 Ext. 281

Burton Senior Center

3410 S Grand Traverse St Burton, MI 48529

Wednesdays: January 10 – February 14, 2018

1:30pm – 3:30pm

To register call: Burton Senior Center at

(810) 744-0960

Krapohl Senior Center

5473 Bicentennial Dr Mt Morris, MI 48458

Wednesdays: January 17 – February 21, 2018

1:30pm – 3:30pm

To register call: Krapohl Senior Center

(810) 785-2270

Central Church of the Nazarene

1261 W Bristol Rd Flint, MI 48507

Thursdays: March 8 – April 12, 2018

2:00pm – 4:00pm

To register call: Central Church of Nazarene at

(810) 235-5671

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If you would like additional information, please call Abbie Mars, Valley Area Agency on Aging at (810) 600-0633.