

Fall 2023 classes

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 or call: 866.574.7530 or 313.874.4838.

All times listed are Eastern Standard Time.

***NEW* 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 9/18, 10/16, 11/20, & 12/18

Caregiver Support Groups

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

Meets virtually at 11 a.m. on Tuesdays

Thriving After Caregiving Group

Participants will learn different techniques for self-care, discussing the grief process, and discovering a new normal with others who have been in a caregiving role.

Meets virtually at 1 p.m. on 9/19, 10/17, 11/21, & 12/19

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 Thursdays

Journal It Out: A Self-Care Technique

Kelly Darke, Board-Certified Art Therapist, will help guide you through journal prompts that are designed to inspire, reduce anxiety, deepen self-awareness, and have fun.

Meets virtually at 12 p.m. for 30 minutes on Wednesdays

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 at 11 a.m. on one of these Mondays: 9/18, 10/16, 11/20, or 12/18

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 9/11, 10/9, 11/13, & 12/11

Transgender From a Parent's Perspective

Hear perspectives from two different parents who are raising and loving their children just the way they are. They will provide their perspective, as a parent of a transgender child. We hope to explore and gain a better understanding of what it is and what it might be.

Meets virtually at 12 p.m. on 9/25 & at 7 p.m. on 10/2

Stroke Awareness Presentation

Participants will learn the signs and symptoms of stroke, how to recognize a stroke, and tips for care after a stroke from Dr. Hefzy, Neurologist Henry Ford Health.

Meets virtually at 12 p.m. on 10/30

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/CaregiverWellness for login information. For questions, call 866.574.7530 or 313.874.4838 or email CaregiverResources@hfhs.org



Join our Facebook group by scanning the code.

