



Charlevoix County Commission on Aging

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**Commission
on Aging**
Serving Seniors in Charlevoix County

**For Immediate Release:
March 18, 2018**

Registrations are now Open for a Free Creating Confident Caregivers® Workshop in Charlevoix

Creating Confident Caregivers® (CCC) is a free 6-session program for family caregivers of persons with dementia and/or memory loss. This university developed program is led by trained facilitators who provide participants with information and skill-building activities to increase their effectiveness as caregivers. To date, over 4,000 caregivers nationwide have benefited from the class.

Creating Confident Caregivers® provides caregivers with tools and techniques to reduce their stress and improve the care they provide to their family member. This program is provided by The Area Agency on Aging of Northwest Michigan (AAANM) and the Charlevoix County Commission on Aging at no charge. Respite care may be available at no cost if needed to attend the six 2-hour sessions. Class size is limited to eligible caregivers. Pre-registration is required.

The FREE workshop begins Wednesday, April 18th from 2:00-4:00 pm and continues for 6 consecutive Wednesdays, ending May 23, 2018. The workshop will be held at the Charlevoix Senior Center, located at 06909 Norwood Street in Charlevoix.

If you are a family caregiver of a person with dementia or memory loss and feel that the Creating Confident Caregivers program can help you, contact AAANM at 1-800-442-1713 or register online at www.aaanm.org/workshop-registration.