

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



ALL FOR YOU

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