No one really expects it, but at some time or another, just about everyone has been, or will be, responsible for giving care to someone close to them.

Unfortunately, the most devoted caregivers are at risk of dying first themselves unless they ask for help and strengthen their self-care skills. Strengthen those skills now!

Call 633-3700 to Register

Jerry Willing, LMSW, cared for his wife, June, for 10 years as she struggled with Alzheimer’s Disease. Jerry is a marriage counselor and will present the eight stages of becoming a successful caregiver and avoiding burnout. Along the way, he will share his personal experiences including the emotional roller coaster of shock, anxiety, confusion, depression, anger, guilt, and grief. During this informative talk you will discover your inner strengths, enabling you to experience laughter and joy during the often arduous caregiver journey.

Senior Services • 4700 Dublin Ave. • Midland, MI 48642

For all caregiver classes, if you are caring for another person and are not previously registered with Senior Services as a caregiver, please plan to arrive 15 minutes early to fill out a brief form. Respite scholarships may be available. If requesting respite care, notify when registering.