



Friday, October 26, 2018: Stress, Holidays and Depression: Tips for Coping All Year Around

The holiday season often brings unwelcomed guests — stress and depression. Combine the normal demands of the season with the task of caregiving and the season can seem burdensome. Learn about how to recognize signs of depression and anxiety, and be better prepared to handle the stress of the busy holiday season while caregiving.

Thursday, November 29, 2018: Hope and Healing After Loss

Coping with the loss of a significant other is one of life's biggest challenges. Often, the pain of loss can feel overwhelming and you may experience all kinds of difficult and unexpected emotions. While there is no right or wrong way to grieve, there are healthy ways to cope with the pain to be able to come to terms with your loss, find new meaning, and move forward.

Tuesday, December 04, 2018: Emotional Intelligence: Recognizing Emotions and Learning How to Understand Them

We learn how to read, write, count, and memorize in school. Chances are we never were taught how to recognize and manage our emotions and the wide ranging effect they have on ourselves and our relationships. Join us for a stimulating and thought provoking session about the fascinating field of emotional intelligence.



Caregiving can be both rewarding and challenging.

Many times individuals are thrown into this role with no training and, often, no support.

Family Caregiver University provides practical education and support to caregivers in West Michigan, one class at a time.

Sign up for one or more classes listed below!

All classes are taught by community experts and are open to individuals providing care to their family members.

CLASS DETAILS:
\$5 suggested fee per class
(payable at the door)

ALL CLASSES HELD:
1 :00 p.m. to 3:00 p.m.
at



Area Agency on Aging
of Western Michigan
3215 Eaglecrest Drive NE
Grand Rapids, MI 49525

**QUESTIONS AND MORE
INFORMATION ABOUT SPECIFIC CLASSES:**

616-222-7032
www.familycaregiveruniversity.org

REGISTRATION REQUIRED:

Call 616-222-7032
Email: Registration@aaawm.org

(registration not complete
until confirmation message received)

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Winter Semester



Thursday, January 25, 2018:

Developing Resilience: Tools for Caregivers in the New Year

Thursday, February 22, 2018:

Personal Health Advocacy: Communicating with Our Health Providers

Wednesday, March 7, 2018:

Trauma Informed Care: How to Care for People Who Have Experienced Trauma

Spring Semester



Thursday, April 26, 2018:

Community Resources A to Z (Part 1)

Tuesday, May 22, 2018:

Community Resources A to Z (Part 2)

Wednesday, June 6, 2018:

Dementia: What One Needs to Know to Care for the One They Love

Summer Semester



Thursday, July 26, 2018:

The Healing Power of Proper Rest

Tuesday, August 14, 2018:

Making it Easier - Millage Services Available to Assist You

Thursday, September 27, 2018:

Elder Law

Fall Semester



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Thursday, November 29, 2018:

Hope and Healing After Loss

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Emotional Intelligence: Recognizing Emotions and Learning How to Understand Them