



Family Caregiver University

helping caregivers one class at a time

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



Winter Semester ❄️

Wednesday, January 18, 2017
New Year – New You!

Thursday, February 23, 2017
Safe Driving: Is Mom & Dad Safe to Drive? How to Know and What to do

Thursday, March 23, 2017
Plan.Prepare.Simplify

Spring Semester 🌱

Thursday, April 27, 2017
Elder Law: 101

Thursday, May 25, 2017
Community Resources A to Z (part 1)

Wednesday, June 7, 2017
Community Resources A to Z (part 2)

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

or

Email: Registration@aaawm.org

(registration not complete until confirmation message received)

Summer Semester ☀️

Thursday, July 27, 2017
Substance Abuse Among Older Adults: An Invisible Epidemic

Thursday, August 24, 2017
Making it Easier!

Thursday, September 28, 2017
Dementia: What One Needs to Know to Better Care for the Loved One

Fall Semester 🍂

Friday, October 27, 2017
Understanding and Treating Depression for Seniors and Caregivers

Tuesday, November 14, 2017
Taking Care to Give Care

Thursday, December 14, 2017
Finding Calm as a Caregiver

SPONSORS



Family Caregiver University is a program of the Caregiver Resource Network, a collaboration of over 150 organizations dedicated to caregiver issues.