



**Thursday, January 25, 2018: Developing Resilience: Tools for Caregivers in the New Year**

This class will focus on ways we can build resilience to deal with the adversities we face as caregivers. By growing stronger through difficult situations, we are able to discover joy and bring our best selves to those we care for and our communities. Tangible tools to build resilience, including exercise and nutrition, will be explored with class participants.

**Thursday, February 22, 2018: Personal Health Advocacy: Communicating with Our Health Providers**

Whether we're discussing our health needs or those of the person we're caring for, this class will help us develop the strategies and tools we need to be our own health advocates. A panel of experts will share their knowledge from working in doctor's offices and hospital settings.

**Wednesday, March 7, 2018: Trauma Informed Care: How to Care for People Who Have Experienced Trauma**

The impact of trauma in one's life is often not limited to a certain time frame; it can affect people throughout their lives. In order to help better serve all older adults, we will look at ways in which caregivers can be more informed in understanding trauma.



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.caregiverresource.net](http://www.caregiverresource.net)

**REGISTRATION REQUIRED:**  
Call 616-222-7032  
Email: [Registration@aaawm.org](mailto:Registration@aaawm.org)

(registration not complete until confirmation message received)

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REGISTRATION REQUIRED: Call 616-222-7032 Email: Registration@aaawm.org (registration not complete until confirmation message received)

2018 Class Schedule

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

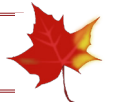
Tuesday, August 14, 2018:

Making it Easier: Millage Services Available to Assist You

Thursday, September 27, 2018:

Elder Law: Learning How to Plan for the Future and Protect Our Interests

Fall Semester



Friday, October 26, 2018:

Stress, Holidays and Depression: Tips for Coping All Year Around

Thursday, November 29, 2018:

Hope and Healing After Loss

Thursday, December 13, 2018:

Emotional Intelligence: Recognizing Emotions and Learning How to Understand Them