



Caregiver Community Connection Webinar Series

ARE YOU HELPING A LOVED ONE BY:

- Providing emotional support, companionship, or conversation?
- Helping with cleaning, cooking, laundry, or shopping?
- Watching for changes in mood or health?
- Driving them to appointments or errands?
- Assisting with personal care like bathing, dressing, or medications?

You are a caregiver — and you're not alone. Come for education, stay for connection, and leave with resources to support you every step of the way.

REGISTRATION REQUIRED



(833) 262-2200

WellnessPrograms@AgeWays.org

tinyurl.com/AgeWaysWorkshops

Can't join us live? Catch the replay at AgeWays.org or on our YouTube channel.



SCHEDULE: 11 AM-12:30 PM

November 13th: It's Alright to Ask for Help

January 8th: Importance of Life Planning

March 12th: Having the Difficult Conversations

May 14th: Benefits of Using Support Systems

July 9th: What is Respite & What Counts

September 10th: What is Usual Aging

This workshop is made available in whole or part with funding from the Federal Older Americans Act and Michigan Department of Health and Human Services/ The Bureau of Aging, Community Living, and Supports through AgeWays Nonprofit Senior Services.