



# 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](https://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.*