

Caregiver Educational Supports (Caregiver Information Services)
Educational opportunities available in variety of locations and times

Caregiver Training is provided through **Caregiver Circles**: these are educationally directed caregiver support groups facilitated by a licensed professional that provides evidence-based and evidence-informed education, socialization, and strategy support for caregivers who are providing care and supervision to anyone over the age of 60 or of any age if a cognitive impairment or developmental disability is present. Due to limited space, individual consultation with counselor is required before attending this group; please schedule an appointment.

Caregiver Conversations (smaller group gatherings designed especially for question & answer format with facilitated conversations among family caregivers) and **Community Education Classes** (lecture format classes available for anyone seeking information about the impact of caregiving): These educational opportunities are designed to offer evidence-based and evidence-informed information, resources, and strategies for a variety of topics regarding Senior Supports, Aging, and Caregiving needs. See the Caregiver Information Services schedule on the back side for specific dates and locations; Please call 972-953-7669 to schedule an offering at your location and register your interest in attending to ensure adequate resource information and handouts are available.

Memory Café offers a facilitated opportunity for socialization on the 4th Wednesday of each month, and encourages individuals in early to early- mid stages of any Dementia type and a family caregiver to enjoy a fun activity together while experiencing support at the same time. Prior consultation with counselor is required before attending. Register attendance or get on the waiting list at 972-953-7669.

Jan 24	Feb 28	March 27	April 24	May 22	June 26
July 24	Aug 28	Sept 25	Oct 23	Nov 27	Cancel Dec 25

Caregiver Counseling Supports
Available Tuesday thru Friday 9 am – 3 pm

Individual Caregiver Counseling includes meeting with a licensed counselor who will complete an initial caregiver consultation, assist in the development of counseling goals, a Caregiver Support Plan, and timely transition into other Caregiver Supportive Services. **Individual Caregiver Counseling is available Tuesday thru Friday 9-3 pm. Please call to schedule an individual counseling appointment.**

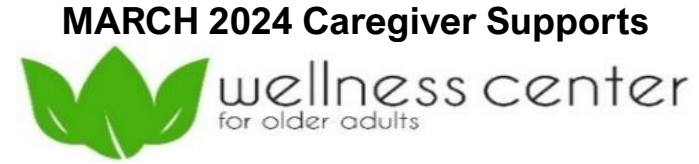
Caregiver Emotional Support Groups and Caregiver Grief Support Groups, (for those whose loved one has died within the last year) are emotionally supportive groups facilitated by a licensed professional, and available for non-paid caregivers who are currently or have provided care and supervision to anyone over the age of 60 or of any age if a cognitive impairment, diagnosis, or developmental disability is present. These groups are designed to encourage peer interactions, encouragement, socialization, emotional support, and shared caregiving experiences in the caregiving journey, either in person or online via Zoom. Individual consultation and completion of paperwork required prior to attending.

Caregiver Support Groups: (Meet with Counselor prior to attendance)

2 nd Wednesdays in Person	11:30-1:00 Plano Sr Center	Grief Group
2 nd Wednesdays via ZOOM	1:30-3:00 link sent email	Women’s Group
3 rd Tuesdays via ZOOM	6:30-8:00 link sent email	Men’s Group
Select fridays in Person	McKinney Sr Center	Mixed Caregiver Group

Services provided through funding & Partnerships with City Partners, Senior Seniors and





2024 Caregiver Information Services

Classes WILL NOT MEET on Highlighted Dates or during Inclement Weather



Month	Title
January	Care-LIVING: A Summary of Community Supports for Caregivers
February	Caregiving Without Regret: Is This Even Possible?
March	Understanding Memory Loss: When Is It More Than Forgetfulness?
April	A Glimpse of Confusion: Understanding & Responding to Dementia "Thinking"
May	Missed Communication: Dementia Specific Strategies for Communication CANCEL May 27 Memorial Day
June	Behavioral Challenges: Dementia Specific Strategies
July	Coping With Long Term Illness
August	Brain Pump or Brain Dump: What Energizes or Drains Your Brain?
Sept	Maintaining Intimacy & Connection as We Age & Care-LIVE CANCEL Sept 2 Labor Day and Sept 3
October	Holidays With Caregiving in Mind
Nov	Celebrating Holidays with Feelings of Loss CANCEL Nov 11 Veterans Day
Dec	The Value of Life Stories: Recognizing & Telling Your Story CANCEL Dec 24 Christmas Day

MONTHLY SCHEDULE

4 th Monday	McKinney	Roy & Helen Hall Library
1 st Tuesday	Plano	Sam Johnson Sr Rec Center / Haggard Library
2 nd Tuesday	Wylie	Wylie Community Rec Center
3 rd Tuesday	Allen	Cottonwood Creek Church / Allen Sr Center
4 th Tuesday	Plano	Sunrise Sr Living

MARCH CALENDAR - Caregiver Information Services

Classes WILL NOT MEET on Highlighted Dates or during Inclement Weather

			
		AND	Caregiver Conversations
Mar 5	Community Education	10 am	Sam Johnson Sr Center 401 W 16 th St, Plano
	Caregiver Conversations	1 pm	Haggard Library, 2501 Coit Rd, Plano
Mar 12	Community Education	1 pm	Wylie Rec Center, 300 N Country Club Rd, Wylie
	Caregiver Conversations	TBD	Wylie
Mar 19	Caregiver Conversations	10 am	Cottonwood Creek Church, 1015 SH 121 N, Allen
	Community Education	1 pm	Allen Sr Center, 451 St Mary Drive, Allen
	Caregiver Conversations	TBD	Allen Sr Center, 451 St Mary Drive, Allen
Mar 25	Caregiver Conversations	12 pm	Hall Library, 101 E Hunt St, McKinney
			Lunch & Learn-Bring Your Own Lunch
Mar 26	Caregiver Conversations	12:30	Sunrise Sr Living, 4800 W Parker Rd, Plano
Mar 27	Memory Café	1 pm	Sam Johnson Sr Rec Center, 401 W 16 th , Plano

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