

# Caregivers Seminars, Workshops, & Support Groups

There is no charge for classes, seminars and groups

To register call numbers below or email us at:

[caregiversupport@slco.org](mailto:caregiversupport@slco.org)

Check out the new Salt Lake County Senior Events Web Calendar at  
<http://www.aging.slco.org/calendar/index.cfm?siteID=13>

<b>March - 2010</b>				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<b>8 – Women’s Luncheon</b>	9	10	11	<b>12 – Film Fest – “Depression: Out of the Shadows”</b>
15	<b>16 – Men’s Luncheon</b>	<b>17 – East Side Adult Children’s Luncheon</b>	<b>18 – Class – Finding Caregiver Resources in Salt Lake County</b>	19
22	23	24	<b>25 – West Side Adult Children’s Luncheon</b>	26
29	30	31		

<b>April – 2010</b>				
Mon	Tue	Wed	Thu	Fri
			1	2
5	6	7	8	<b>9 – Film Fest – “Divided Loyalties, Grandparents Raising Grandchildren”</b>
<b>12 – Women’s Luncheon</b>	13	14	<b>15 – Class – Understanding Dementia</b>	16
19	<b>20 – Men’s Luncheon</b>	<b>21 – East Side Adult Luncheon</b>	<b>22 – Class – Living with Dementia</b>	23
26	27	28	<b>29 – West Side Adult Luncheon</b>	30

### FILM FEST FRIDAYS

Free Caregiver Film  
Discussions

**Second Friday of Each Month**

12:00 – 1:00 PM

At the  
**Salt Lake County  
Government Center  
2001 S. State St.  
Room #S-2019**

3/12/2010 – “Depression: Out of the  
Shadows” (90 mins)

4/9/2010 – “Divided Loyalties:  
Grandparents Raising  
Grandchildren” (30 mins)

*For further information please  
call*

**Kathy Nelson @  
801-468-3480 or email  
[ksnelson@slco.org](mailto:ksnelson@slco.org)**

**(Feel free to bring your lunch!)**

### CAREGIVING CLASSES

**March 18, 2010-“Finding  
Caregiver Resources in Salt  
Lake County”**

**April 15, 2010-  
“Understanding Dementia”**

**April 22, 2010- “Living with  
Dementia”**

**12:00 PM to 1:00 PM**

At the  
**Salt Lake County  
Government Center  
2001 S. State St.  
Room #S-2019**

*For further information or to  
register please call*

**Kathy Nelson @  
801-468-3480 or email  
[ksnelson@slco.org](mailto:ksnelson@slco.org)**

### WOMEN’S LUNCHEON

(Support Group)

A support group designed for  
women caring for their husbands

Call Kathy at 801-468-3480

For location

2<sup>nd</sup> Monday of each month

11:30 A.M.

**\*\*Lunch is paid by  
Participant**

### EAST SIDE

#### ADULT CHILDREN’S LUNCH GROUP

(Support Group)

A support group for those  
caring for aging parent(s) or  
relative(s)

Call Cynthia at 801-468-2489

For location

3<sup>rd</sup> Wednesday of each month

11:30 A.M.

**\*\*Lunch is paid by  
Participant**

### SUPPORT GROUP TOPICS

**March – What is this thing  
called stress?**

**April – Preventive Health**

### E-SUPPORT & INFORMATION

Email us at:

[caregiversupport@slco.org](mailto:caregiversupport@slco.org)

Send us an email with your  
questions, concerns, comments,  
advice, etc.

### MEN’S LUNCHEON

(Support Group)

A support group designed for  
men who are caregivers

Call Kathy at 801-468-3480

For location

3<sup>rd</sup> Tuesday of each month

11:30 A.M.

**\*\*Lunch is paid by  
Participant**

### WEST SIDE ADULT CHILDREN’S LUNCH GROUP

(Support Group)

A support group for those  
caring for aging parent(s) or  
relative(s)

Call Christine at 801-468-  
2488

For location

Last Thursday of each month

11:30 A.M.

**\*\*Lunch is paid by  
Participant**

**Salt Lake County Aging Services  
Caregiver Support Program**

801-468-2460

TTY users should call 711

**...options and opportunities for your generation**

