

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

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

November - 2009				
Mon	Tue	Wed	Thu	Fri
2	3	4	5	6 – Film Fest – “Wandering... What it is and What to do about it” (60 mins)
9 – Women’s Luncheon	10	OFFICE CLOSED FOR VETERAN’S DAY	12	13
16	17 – Men’s Luncheon	18 – East Side Adult Children’s Luncheon	19 – Class – Understanding Dementia ***** West Side Adult Children’s Luncheon	20
23	24	25	26 OFFICE CLOSED FOR THANKSGIVING	27 OFFICE CLOSED FOR THANKSGIVING
30				

December – 2009				
Mon	Tue	Wed	Thu	Fri
	1	2	3	4 – Film Fest – “Family Caregiving with Alzheimer’s Disease” (60 Mins)
7	8	9	10	11
14 – Women’s Luncheon	15 – Men’s Luncheon	16 - East Side Adult Children’s Luncheon	17	18
21	22	23	24	25 OFFICE CLOSED FOR CHRISTMAS
28	29	30	31 – West Side Adult Children’s Luncheon	

FILM FEST FRIDAYS

Free Caregiver Film
Discussions

First Friday of each month
12:00 – 1:00 PM

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

11/6/2009 – “Wandering... What it is
and What to do About it”
(60 Mins)

12/4/2009 – “Family Caregiving with
Alzheimer’s Disease”
(60 Mins)

*For further information please
call*

Kathy Nelson @
801-468-3480 or email
ksnelson@slco.org

(Feel free to bring your lunch!)

CAREGIVING CLASSES

Nov. 19, 2009

Understanding Dementia
12:00 – 1:00 PM

This is a repeat of the class
offered in October—at your
request.

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

WOMEN’S LUNCHEON

(Support Group)

A support group designed for
women caring for their husbands

Call Kathy at 801-468-3480

For location

2nd 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

3rd Wednesday of each month
11:30 A.M.

**Lunch is paid by
Participant

SUPPORT GROUP TOPICS

November

Give yourself a gift

MEN’S LUNCHEON

(Support Group)

A support group designed for
men who are caregivers

Call Kathy at 801-468-3480

For location

3rd 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

E-SUPPORT & INFORMATION

Email us at:

caregiversupport@slco.org

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

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

801-468-2460

TTY users should call 711

...options and opportunities for your generation

