

2021

# VIRTUAL PROGRAMS

Offered on zoom

## SPIRITUAL HEALTH

*Includes Brain Health Segment*

1st & 3rd Tuesdays of each month

10 to 11 a.m. – Call 952-945-4025\*

Faith-based community educational forum.

Using spiritual principles, these sessions offer caregivers a chance to discuss and share ways of coping with the difficulties of caring for elderly loved ones, particularly, those with dementia.

## WELLNESS WEDNESDAYS

*Includes Brain Health Segment*

1st & 3rd Wednesday of each month

10 to 11 a.m. – Call 952-945-4025\*

Fact-based community educational forum that uses information from Minnesota Department of Public Health, the Center for Disease Control, Alzheimer’s Foundation, American Heart Association and the Diabetes Foundation.

## CULTURAL COMMUNITY CONNECTION

4th Tuesday of each month

10 to 11:15 a.m. – Call 952-945-4025\*

Topics include Mental Wellness, COVID-19, and updates. Invited community leaders and other experts will speak and answer questions.

## CAREGIVER SUPPORT GROUP

2nd Thursday of each month

11 a.m. to 12:30 p.m. – Call 952-945-4025\*

Group sessions offer caregiver education, emotional support, information about community resources and networking with other caregivers.

**\*Call 952-945-4025 for details**



## JANUARY 2021

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31						

## FEB

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28						

## MAR

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28	29	30	31			

## WINTER TO SPRING 2021

## APR

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## MAY

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## JUNE

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- Wellness Wednesdays
- Spiritual Health
- Cultural Community Connection
- Caregiver Support Group

## CULTURALLY RESPONSIVE CAREGIVER SUPPORT + DEMENTIA SERVICES

Call 952-945-4025 for details

Helpline 952-945-4034

Program Intake & Registration 952-945-4016

In partnership with...



Culturally Responsive

CAREGIVER SUPPORT+ DEMENTIA SERVICES