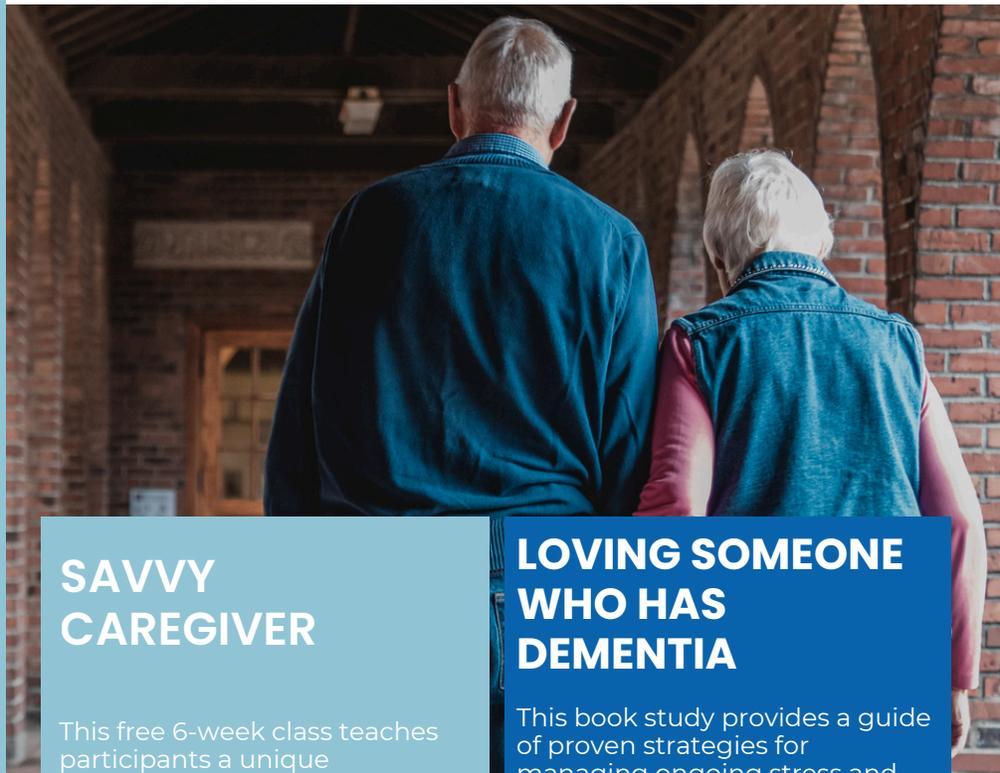




Evergreen
Commons

CAREGIVER SUPPORT GROUPS & WORKSHOPS



UPCOMING WORKSHOP SCHEDULE

Savvy Caregiver

November 11th - December 16th, 2025
Tuesdays - 10-11:30am

Loving Someone Who Has Dementia

January 8th - February 5th, 2026
Thursdays - 10:30am-12:00pm

Powerful Tools for Caregivers

Oct. 27-Dec. 1st, 2025
Wednesdays - 1:30-3pm

Stress-Busting Program for Caregivers

February 9th - April 6th, 2026
Mondays 10:00-11:30am
July 14th - September 8th, 2026
Tuesdays 2:30-4:00pm

SAVVY CAREGIVER

This free 6-week class teaches participants a unique perspective on dementia, highlighting the functional aspects of the disease and concentrating on the abilities of the person with dementia.

LOVING SOMEONE WHO HAS DEMENTIA

This book study provides a guide of proven strategies for managing ongoing stress and grief. Discussions will be guided as we talk about what it is like to love and care for someone who is physically present but psychologically absent.

POWERFUL TOOLS FOR CAREGIVERS

This free 6-week program is designed to give family members the tools needed to care for themselves while they are caring for a loved one. You'll learn ways to relax and reduce stress, communicate effectively with family, doctors and other professionals, set goals, make decisions and problem solve.

STRESS-BUSTING PROGRAM FOR FAMILY CAREGIVERS

An evidence-based program that provides support to caregivers of persons with dementia or chronic illness. It is proven to improve quality of life for caregivers and help caregivers manage their stress and cope better with their lives. You will learn about stress and it's effects, stress management techniques and develop problem solving skills

Course Schedules will be published in the monthly FreshAire distributed by Evergreen Commons or found on our website at evergreencommons.org

WANT TO REGISTER?

Contact Caregiver Support Coordinator at
(616)355-5153 or langejansa@evergreencommons.org



Support Groups and Classes are free and sponsored by our local area agencies on aging. Donations are welcomed.



55 W. 16TH ST
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SeniorResources 
Our Name. Our Focus.



CAREGIVER SUPPORT GROUPS



A caregiver support group provides an opportunity for caregivers, family, friends, and others to discuss providing quality care for a loved one while providing education and support for the caregiver. Research has shown the importance of social support for those that experience the physical and emotional stress of being a caregiver.

MONTHLY SUPPORT GROUP CALENDAR

2nd & 4th Tuesday:

12:30 pm at The Day Center Conference Room.
Respite is available

2nd Thursday:

3:00 pm at Christ Memorial Church in the Green Room

3rd Wednesday:

3:00 pm at Fennville United Methodist Church

4th Tuesday:

3:00 pm at Fellowship Church of Holland in room 104

Caregiver support groups are sponsored by Senior Resources and the Area Agency on Aging of Western Michigan.



AT A GLANCE

BENEFITS

- Finding a community of others in a similar situation
- Provides a safe space to share and learn
- Reduces stress

Days and times may change periodically, for more information reach out to the Caregiver Support Coordinator.

ALYSSA LANGEJANS

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