

# 2024 Education & Support Groups

## Salt Lake County Aging & Adult Services | Caregiver Support Program

Classes and support groups are open to all family, friends, neighbors, and other non-professional community caregivers.

- **Joy Clubs**—An activity group designed for caregivers and those they care for (where appropriate) to enjoy creative time away from home. Participants receive a Creating Joy booklet at no cost.

Kearns Senior Center	2nd Thurs	In Person, Conf. Room	1:00 to 2:00 PM
West Jordan Senior Center	3rd Tues	In Person, Room B	1:30 to 2:30 PM

- **Support Groups**—In Person/Virtual. Peer support groups with a wide-variety of care topics.

Midvale Senior Center	1st Tues	In Person, Room 1	9:00 to 10:00 AM
Virtual Support Group	2nd Tues	Provided on WebEx	6:00 to 7:00 PM
Riverton Senior Center	3rd Thurs	In Person, Media Room	9:00 to 10:00 AM
Millcreek Senior Center	4th Tues	In Person, Evergreen Room	10:30 to 11:30 AM

- **Caregiver Talking Points**—25 different caregiver skill development discussions. Caregivers may attend one or all sessions offered during a calendar year.

Virtual on WebEx	4th Tues	12:00 noon to 1:00 PM
In Person	Various	See calendar for various sessions/options

- **Dealing with Dementia**—A 4-hour learning option for caregivers assisting those with any form of Dementia. Participants receive a 300-page manual with coping tools and resources.

Rotates through Senior Centers	2nd Week	4-hour class (usually two 2-hour sessions)
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- **Stress Busting for Family Caregivers**—Nine evidence-based sessions lasting 1.5 hours each. Caregivers learn eight stress management techniques and receive a manual.

Spring/Fall Programs	In Person, 9-week program	Times vary, see calendar
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**Presentations Requests.** Community, work, and religious organizations may request presentations (based on staff and calendar availability). Please email requests to [cjjensen@slco.org](mailto:cjjensen@slco.org).

### How to Signup for Classes and Groups

There is no cost to attend, but **registration is required** due to limited class sizes.

Signup link:

[monami.io/calendars/salt-lake-county-aging-adult-services](https://monami.io/calendars/salt-lake-county-aging-adult-services)



**Salt Lake County Aging & Adult Services**  
2001 S State Street S1-600, Salt Lake City, Ut 84190  
385-468-3280 | TTY 7-1-1  
[slco.org/caregiver](http://slco.org/caregiver) | #slcoaging | @slcoaging

**Registration Help:**  
**385-468-3281**