

# 2026 Education & Support Groups

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

Classes and support groups are open to family, friends, and other unpaid community caregivers.

- **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
Veterans Caregiver Group	1st Thurs	Virtual, WebEx	10:30 to 11:30 AM
Evening Caregiver Group	2nd Tues	Virtual, WebEx	6:30 to 7:30 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** – We offer 10 different caregiver skill-development discussions each year. Caregivers may attend one or all sessions offered during a calendar year.

Virtual on WebEx	4th Wed	12:00 noon to 1:00 PM
Midvale Senior Center	4th Thurs	9:00 to 10:00 AM

- **Dementia Live** – A 45-minute experience for caregivers assisting those with any form of Dementia. Participants use goggles, headphones, and other tools to experience a dementia state.
- **What is Dementia, Really?** – Caregivers explore four key truths about dementia, and gain insight into how changes in vision and language impact those living Dementia.
- **Dementia Champions** – Build a foundation in Positive Approach to Care skills, learning how to recognize and respond to changes in the brain, and improve interactions to reduce distress.
- **Stress Busting for Family Caregivers** – Nine evidence-based sessions lasting 1.5 hours each. Caregivers learn eight stress management techniques and receive a free manual.

### Presentation Requests

Community organizations and others may request presentations (based on staff and calendar availability). We need at least one-month previous notice to accommodate requests. Please email requests to [cjjensen@saltlakecounty.gov](mailto:cjjensen@saltlakecounty.gov).

### How do I sign up?

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

[saltlakecounty.gov/aging-adult-services/calendar/](https://saltlakecounty.gov/aging-adult-services/calendar/)



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

Need help with registration?

**385-468-3281**