

2025 Education & Support Groups

Salt Lake County Aging & Adult Services | Caregiver Support Program

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

- **Joy Club**—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.
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 I	9:00 to 10:00 AM
Veterans Caring for Non-Veterans	1st Thurs	Virtual, WebEx	10:30 to 11:30 AM
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 Wed 12:00 noon to 1:00 PM
- **Dealing with Dementia**—A 4-hour learning option for caregivers assisting those with any form of Dementia. Participants receive a free manual with coping tools and resources.
Rotates through Senior Centers Various 4-hour class (usually two 2-hour sessions)
- **Dementia Live**—A 45-minute learning experience for caregivers assisting those with any form of Dementia. Participants use goggles, headphones, and other tools to experience a dementia state.
August 28 at the County Building 6 Sessions A 45-minute time slot reservation is required
- **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

Presentation Requests. Community, work, and religious organizations may request presentations (based on staff and calendar availability). Please email requests to cjjensen@saltlakecounty.gov

How do I sign up?

There is no cost to attend, but **registration is required** due to limited class sizes. Use the following link to sign up for classes:

saltlakecounty.gov/aging-adult-services/calendar/



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

Need help with registration?

385-468-3281