

Upcoming Events

Powerful Tools for Caregivers

Are you feeling stretched caring for a loved one? Powerful Tools for Caregivers is a six session, educational program designed to help caregivers take care of themselves while caring for another.

Tuesdays, April 17- May 22

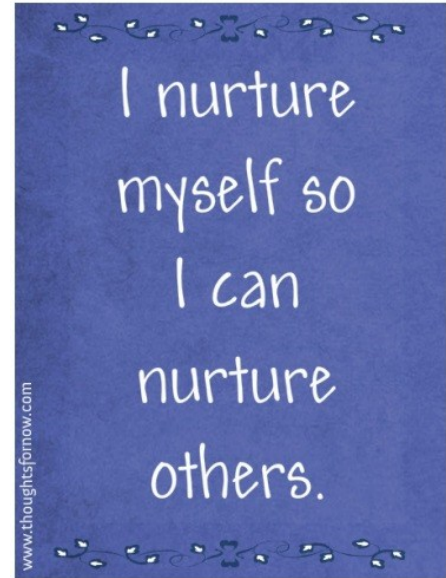
2pm to 4pm

St. Rita's Catholic Church

8694 80th Street, Cottage Grove, MN 55016

Cost is \$40.00, scholarships available

To register, please call Jeaney at 651-789-4039



Taking Care of the Whole Person

Tuesday May 8, 2018

2pm to 4pm

FamilyMeans Stillwater - Desch Room

Join us to learn from our local community resources about how art, aromatherapy, animal companions, massage/touch, music and more can help both the caregiver and care receiver as you navigate your care partner journey! We will have guest speakers share their information in a panel format and then have plenty of time for group and individual questions at the end of the program.

Caring for a Person with Memory Loss

U of MN's Caring for a Person with Memory Loss conference on Saturday, June 2nd, 8am to 4:30 pm. Hubert H. Humphrey Conference Center, U of MN.

FREE Memory Screenings

Wednesday, April 25, 2018

1:00pm to 3:00pm

DPC Community Center

8400 East Point Douglas Road South
Cottage Grove, MN

Confidential 15 minute screenings will be administered by FamilyMeans social workers. The result is not a diagnosis, but it can suggest if you should see a physician for a full evaluation. You will leave with helpful information and a summary of the results to share with your physician, if you choose.

Plan ahead for the next

Memory Club series

Thursdays, September 13 – November 15, 2018

10am to 12Noon

Interview and pre-registration is required.

Produced by Caregiving & Aging at FamilyMeans. Caregiving services include support groups, education, coaching and respite care. FamilyMeans also provides Counseling & Therapy, Financial Solutions, Youth Development and educational programs that strengthen and support families and the community.

An empty lantern provides no light. Self-Care is the fuel that allows your light to shine so brightly.

~ Unknown