

# 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.  
Quarterly      Various      45 minutes (reservation 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](mailto: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:

[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  
[saltlakecounty.gov/caregiver](https://saltlakecounty.gov/caregiver) | #slcoaging | @slcoaging

**Need help with registration?**

**385-468-3281**