



Welcome to **Caregivers FIRST**  
group skills training program.

## What is Caregivers FIRST?

Caregivers FIRST is for friend/family member caregivers of Veterans. This is a two-part program designed to help caregivers:

- Learn new skills
- Practice positive self-care
- Connect with other caregivers
- Navigate VA & Community resources

## Class Information:

### Date & Time of Classes:

Tuesday, May 14 @ 11:00 – 2:00 pm

Tuesday, May 21 @ 11:00 – 2:00 pm

*(Lunch Provided)*

## Location:

Bemidji VA Clinic  
1217 Anne St NW  
Bemidji, MN 56601

## For information or to register:

[VHAFARCaregiverSupport@va.gov](mailto:VHAFARCaregiverSupport@va.gov)

or

701-239-3700 x4399

*(Registration closes 5/7/2024)*

## Class Overview

### Class 1: Introduction & Decision Making

- Self-Care Exercises
- Caregiver Frustration & Rewards
- Caregiver Skills & Strategies
- Describe Strategies for Improving Communication with Veteran's Health Care Providers
- Identify Strategies for Improving Home Safety

### Class 2: Coping Skills & Strategies; Support Seeking & Resources

- Identify Effective Communication Skills & Problem-Solving Strategies
- Discuss Coping & Stress Management Skills
- Identify VA & Community-Based Resources for Caregivers
- Discuss Respite Care & Future Planning