



VA Caregiver Support

March 2024

Classes open to all caregivers of enrolled Veterans in VA Healthcare. Pre-registration is required – call (701) 239-3700 ext 4399.

All classes will be held via VA Video Connect (VVC), Telephone, or WebEx, unless otherwise noted.

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
Tai Chi Chih In Person & Virtual- Fargo 9:30–10:30am	CSL Education Call Topic: Coping with Caregiver Depression 9am **Coffee with Caregivers In Person** 10-11:30am Caregiver Support Group 5:30–7pm		Book Club- Hatchet by Gary Paulsen 3-4pm	
11	12	13	14	15
Tai Chi Chih In Person & Virtual- Fargo 9:30–10:30am	Dementia Education Group In Person & Virtual- Fargo VA 1-3pm	CSL Education Call Topic: Coping with Caregiver Depression 6pm	Tai Chi for Arthritis & Fall Prevention 9:30–10:15am Caregiver Support Group In Person & Virtual- Fergus Falls 10:30–12pm	
18	19	20	21	22
Tai Chi Chih In Person & Virtual- Fargo 9:30–10:30am	Caregiver Support Program 101 1-1:30pm	Caregiver Support Group 1-2:30pm CSL Education Call Topic: Coping with Caregiver Depression 2pm		
25	26	27	28	29
Tai Chi Chih In Person & Virtual- Fargo 9:30–10:30am			Tai Chi for Arthritis & Fall Prevention 1–1:45pm	
			** Please note, the Coffee with Caregivers has changed to the 1st Tuesday of each month. **	

**For questions or to register for any class listed please call:
701-239-3700 ext. 4399**

Other Groups Coordinated by the Social Work Department

- **Living with Loss Bereavement Support Group**
 - 2nd & 4th Tuesday 5:30 – 7pm. Contact Ann @ ext. 4166
- **Living Legacies Support Group**
 - Intended for anyone who is dealing with difficult life transitions, including healthcare conditions, personal adjustments, any significant change in status. Looking for ways to cope when unexpected conditions arise. An opportunity for Veterans and their family members to connect with, share, and support one another.
 - 3rd Tues 5:30 – 7pm via phone or virtual. Contact Ann @ ext. 4166
- **Advance Directive Clinic Fargo VA Room 1C-90**
 - Daily Monday - Friday 11 – 12pm.
 - Offered in person, phone, or virtual. Contact Ann @ ext. 4166
 - Walk-ins welcome or pre-register.



Caregiver Health & Wellbeing Coaching

- Your coach is your personal guide who will help you develop a personalized health plan based on your values, needs, and goals.
 - Help you identify your strengths and values to assist you in achieving your goals.
 - Contact Caregiver Support Program @ ext. 4399
-
- **Resources for Enhancing All Caregivers Health (REACH) Individual Sessions**
 - Intended to provide one on one support for caregivers of enrolled Veterans diagnosed with ALS, Dementia, MS, PTSD or Spinal Cord Injury/Disorder. Support provided focuses on the areas of: Taking Care of Yourself, Mood Management, Asking for Help and Stress Management. Caregiver notebook is provided.
 - Minimum of 4 sessions scheduled as determined by caregiver and REACH VA Coach
 - Provided in person, phone, or virtual. Contact Heidii @ ext. 4398.
 - **Legal Aid Clinic *MN & ND**
 - Civil legal needs for MN and ND Veterans.
 - Walk-in/first come first serve at VA CRRC, 721 1st Ave N, Fargo
 - 3rd Monday 1 – 4pm. Contact Rachel @ 701-461-7364