



Welcome to REACH VA Caregiver Training for Parkinson's

What is REACH VA?

REACH stands for Resources for Enhancing All Caregivers' Health. This program is designed to help caregivers:

- Learn skills to manage stress
- Practice positive self-care
- Connect with other caregivers
- Learn how to ask for help
- Plan for the future

Class Information:

Date and time of classes:

- 1.) Tuesday, April 9 @ 1:00 – 2:30 pm
- 2.) Tuesday, April 16 @ 1:00 – 2:30 pm
- 3.) Tuesday, April 23 @ 1:00 – 2:30 pm
- 4.) Tuesday, April 30 @ 1:00 – 2:30 pm

Location:

Held virtually or via phone-link/meeting code provided upon registration.

For information or to register:

VHAFARCaregiverSupport@va.gov

or

701-239-3700 x4399

Registration closes 3/26/24

April is Parkinson's Disease Awareness Month

Class Overview

Class 1: Introduction

- Introductions
- Stress Management
- Relaxation exercises

Class 2: Taking Care of You

- Strategies and Coping Skills
- Take time out
- Saying no and asking for help
- Healthy lifestyle

Class 3: Addressing Problems strategies

- Opportunities for improvement
- Problem solving strategy

Class 4: Mood Management

- Thoughts -- Moods -- Behaviors
- Unhealthy thoughts and beliefs
- 5 Steps to Managing Feelings