



Powerful Tools for Caregivers Virtual Class

Nov. 2nd – Dec. 7th
2021

Mondays 1:30-3:00 p.m.

Cost \$5

Register early, class capped at 20
participants

Powerful Tools for Caregivers is an educational program designed to help family caregivers. This program will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, child, friend at home, in a long term care facility, or across the country.

This class gives you, the caregiver tools to:

- **Help you reduce stress**
- **Communicate effectively**
- **Take care of yourself**
- **Reduce guilt, anger, and depression**
- **Help you Relax**
- **Make tough decisions**
- **Set goals and problem solve**

This online class includes the Caregiver help book which covers topics such as: hiring in-home help, helping memory impaired elders, making legal and financial decisions, making decisions about care facility placement, understanding depression and making decision about driving. This \$30 book is provided as part of a grant for caregivers.

Register Now: