



Powerful Tools For Caregivers

Powerful Tools for Caregivers is a six week educational program designed to help take care of you while you are caring for a relative, friend, or loved one. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

The class meets once/week from **1:00 pm - 3:30 pm** on **Tuesdays**:

Week 1 (**Sept. 12**): Taking Care of You

Week 2 (**Sept. 19**): Identifying and Reducing Stress

Week 3 (**Sept. 26**): Communicating Feelings, Needs, and Concern

Week 4 (**Oct. 3**): Communicating in Challenging Situations

Week 5 (**Oct. 10**): Learning from our Emotion

Week 6 (**Oct. 17**): Mastering Caregiving Decisions

Cost is **Free**. Classes will be held at the **Three Rivers Senior Center:**
103 S. Douglas Ave. Three Rivers, MI 49093

To register, please call Pat at (269) 279-8083

Powerful Tools
FOR Caregivers

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