

Are you stressed by caregiving?

## Powerful Tools for Caregivers



A 6-part workshop series designed to help family caregivers find balance while caring for a loved one.

Learn to:

- \* Reduce stress
- \* Make tough decisions
- \* Navigate family dynamics
- \* Connect with resources

**Mondays, August 24th– October 5th, 2020 1:30pm-3:00pm**

**Powerful Tools for Caregivers is a class that gives you the skills to take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver.**

*Thanks to sponsors and dedicated volunteers, this class is offered FREE of charge!*

**We are using the Zoom on-line format. You will need a computer or iPad with internet access to participate. We know that for some the thought of using an on-line venue may be overwhelming. Your registration also includes a pre-training for Zoom readiness. The goal is for you to have a successful class experience.**



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