Powerful Tools for Caregivers

Thursdays 2:00 - 3:30 pm
August 17- September 21
LaCygne Library
209 N. Broadway, LaCygne, KS

Powerful Tools for Caregivers is an educational program designed to help family caregivers (NO professional caregivers please). 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 friend, parent or spouse or someone across the country.

This class will give you, the family caregiver, tools to:

- Help reduce stress.
- Communicate effectively with other family members, your doctor & paid help.
- Take care of yourself.
- Reduce guilt, anger and depression.
- Help you relax.
- Make tough decisions.
- Set goals and problem solve.

To register please call:
LaCygne Library
913-757-2151

For questions about this program, please contact:
Kathy Goul at 913-294-4306

Each participant will receive a copy of the Caregiver Help Book, providing additional resources and information on a variety of topics.

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