Join us virtually for:

**Powerful Tools for Caregivers**

**June 17th ~ July 20th**

**Thursdays** (except final week)

1:30 pm to 3:00 pm

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 parent, spouse, friend or someone who lives at home, in a nursing home, or across the country.

This class will give you, the family caregiver, tools to:
- Help you reduce stress
- Communicate effectively with other family members, your doctor, and paid help
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem solve

**FREE Zoom Class!**
Grant funded valued at $40

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 decisions about driving.

**Register on-line at:** [https://tinyurl.com/caregivertools](https://tinyurl.com/caregivertools)

**Partnered with:**

For questions about this program contact Kathy Goul at 913-294-4306.