

Powerful Tools for Caregivers



Attend this 6-session class

Learn to:

- Take care of yourself.
- Reduce personal stress.
- Communicate in challenging situations and express needs.
- Deal with changes and make tough decisions.

This evidence based, award-winning program is for family/friend caregivers. The class meets weekly for 6, 2-hour sessions and focuses on the needs of the caregiver and the many challenges faced daily. The classes are offered monthly either virtual or in person and are presented free of charge.

Respite care may be available.

Are you stressed by caregiving?

This program will help you learn strategies to reduce stress, communicate well, and navigate family dynamics when making tough decisions. Build confidence in your decisions as you learn effective problem-solving skills.

Learn to give yourself credit, not guilt.

Connect with helpful resources. You don't have to do it alone.

Registration is mandatory. Please call for class dates.

For more information, please phone
Joan Acres at
509-713-3390

