

Powerful Tools FOR Caregivers

Feeling stretched caring for an adult with chronic conditions?

Powerful Tools for Caregivers is a class designed to provide you—the family caregiver—with the skills you need to take care of yourself.

Six ninety-minute class sessions held once a week are led by certified, experienced class leaders.

You'll learn to:

- Reduce stress
- Improve self-confidence
- Balance your life
- Better communicate your feelings
- Increase ability to make tough decisions
- Locate helpful resources

When you take care of yourself, everyone benefits.

Date Wednesdays, October 28-December 9, 2020

Time 6:30-8:00 pm Central time

Location Live ONLINE via ZOOM - Link to sign in each week will be sent after registering

Cost \$35/person; \$40/couple

The fees for service will be used to offset direct expenses and to support the Human Sciences County Extension Program.

For more information or to register

Register online: <https://bit.ly/ptc16360>

Deadline to register is October 19 to ensure materials will arrive on time or upon filling.

Participants must have computer/laptop with microphone and camera. An optional Zoom practice session will be scheduled if needed. The Caregiver Helpbook and handouts will be mailed.

Questions?

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