

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

Time

Location

Cost

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



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