



CAREGIVING IS REWARDING BUT CAN BE STRESSFUL, TOO

Attend a free 6-week virtual workshop to help

POWERFUL TOOLS FOR CAREGIVERS will benefit you whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home, or across the country. This workshop focuses on **self-care** for you, the caregiver. The workshop will not focus on specific diseases or hands-on care.

In this workshop, learn how to:

- Take care of yourself
- Reduce stress and help you relax
- Make tough decisions
- Reduce guilt, anger, and depression
- Communicate effectively
- Work with family, providers, and care staff
- Set goals and problem-solve, and more!



POWERFUL TOOLS FOR CAREGIVERS WORKSHOP

Tuesday Evenings **January 9- February 13, 2024** **6:00pm-7:30pm**

TO REGISTER CALL 517.887.1465 OR EMAIL histedc@tcoa.org

Tuesday Afternoons **January 16-February 20, 2024** **12:00pm-2:30pm**

TO REGISTER CALL 313.397.8227

Monday Afternoons **February 5- March 11, 2024** **2:00pm-3:30pm**

TO REGISTER visit www.tinyurl.com/AAA1BWorkshop or email wellnessprograms@aaa1b.org

Wednesday Mornings **February 14- March 20, 2024** **10:00am- 12:30pm**

TO REGISTER CALL 313.833.7080 EXT 233

Thursday Afternoons **March 28 - May 2, 2024** **2:00pm - 3:30pm**

TO REGISTER go to upcap.org and click on EVENTS, or dial 2-1-1



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