



# 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

Thursday Afternoons March 28 - May 2, 2024 2:00pm - 3:30pm  
TO REGISTER go to [upcap.org](https://upcap.org) and click on EVENTS, or dial 2-1-1

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Thursday Afternoons April 25- May 30, 2024 1:30pm – 3:00pm  
To REGISTER go to <https://forms.office.com/r/BAJyPxTULU>



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