

Powerful Tools FOR Caregivers

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

Classes are offered on
Wednesday Evenings 6:00pm- 7:00pm
August 14- September 18
To register, email wellnessprograms@ageways.org
or call (833) 262-2200.