

Are you stressed by caregiving?

Powerful Tools for Caregivers



A 6-part workshop series designed to help family caregivers find balance while caring for a loved one.

Learn to:

- * Reduce stress
- * Make tough decisions
- * Navigate family dynamics
- * Connect with resources

NEW CLASS

BEGINNING TUESDAY, AUGUST 3rd — SEPTEMBER 7th 9:00AM-11:00AM

Powerful Tools Classes in the comfort of your own home!

Powerful Tools for Caregivers will give you the skills to take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver.

Thanks to sponsors and dedicated volunteers, this class is offered FREE of charge!

The **GoToMeeting** format for on-line learning will be the program we use. You will need a computer or an iPad with internet access to participate. We know that for many the thought of using an on-line venue may be overwhelming. **Your registration includes a pre-training for GoToMeeting readiness.** The goal is for you to have a successful class experience.

What care partners say about Powerful Tools for Caregivers:

"It has taught me so many things that I have needed to know.. Most of all--I am not alone."

"I wish I hadn't waited so long to take this class!"

For more information, or to register please email:
m.ortiz@cap4action.org or call 208.798.4198