

Powerful Tools for Caregivers



**Learn strategies.
Reduce stress.
Give yourself credit -not
guilt.**

**Attend this in-person
6-part workshop!**

**Wednesdays
July 20 - August 24
1:00 - 3:30 pm**

**Boise Library at Ustick and Cole
7557 W. Ustick, Boise**

Are you stressed by caregiving?

Learn strategies to reduce stress, communicate well, and navigate family dynamics while making tough decisions. Build confidence in your decisions as you learn effective problem solving skills and connect with helpful resources. Learn to give yourself credit, not guilt. You don't have to do it alone.

Powerful Tools for Caregivers is an award-winning program that has helped thousands of family caregivers. Registration required.



SOUTHWEST IDAHO
area
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For more information or to register
call **208- 947-4283** or
www.agingstrong.org/powerful-tools-for-caregivers