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POWERFUL TOOLS FOR CAREGIVERS WORKSHOP

Caregiver Burnout is Real – Don't Wait Any Longer!

Class starts March 23rd

Registration is required



Class is every Monday for six weeks beginning March 23rd



1:00 PM- 2:30 PM



Mountain Home Public Library
790 N 10th E St,
Mountain Home, ID 83647



Monique Layton
208-586-1040
monique.layton@a3ssa.com



MARCH 23RD

Taking Care of You. Emphasizes that the focus is on "YOU", the caregiver.

MARCH 30TH

Identifying and Reducing Stress. Four steps for effective stress management.

APRIL 6TH

Communicating Feelings, Needs, and Concerns. Learn how to use "I" messages and "You" messages.

APRIL 13TH

Communicating in Challenging situations. Two communication tools- assertiveness and Aikido.

APRIL 20TH

Learning from our Emotions. Our emotions are messages we need to listen to.

APRIL 27TH

Mastering Caregiving Decisions. Focus on the internal emotional process.

Aging Strong Programs of Jannus
3501 W Elder St Suite 104
Boise, ID 83705 US

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