

Powerful Tools FOR Caregivers



Are you feeling stretched caring for a loved one?

Powerful Tools for Caregivers is a six-session educational program designed to help caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend someone who lives at home, in a nursing home, or across the country.

The Six Sessions will Cover:

- Week #1: Taking Care of You
- Week #2: Identifying and Reducing Personal Stress
- Week #3: Communicating Feelings, Needs and Concerns
- Week #4: Communicating in Challenging Situations
- Week #5: Learning From Our Emotions
- Week #6: Mastering Caregiver Decisions



Join us from the comfort of your own home. Classes will be held on Mondays for 6 weeks at 2PM.

**Starts – March 4th
Ends – April 8th**

For more information or to register for this workshop, please contact:

**Tiffani Holbrook
706-295-6485 or**

tholbrook@nwgrc.org

Or scan this QR Code to register



Class size is limited, registration is required.

This *Powerful Tools for Caregivers* workshop provided by the US DHHS Administration of Community Living and managed by the Georgia Department of Human Services Division of Aging.