

Interactive Online workshop

# Powerful Tools FOR Caregivers

A Class for Family Caregivers

Powerful Tools for Caregivers is an educational program designed to help family 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.

**Class size is limited and registration is required.**

**DATES:** April 26, 2021 - May 31, 2021  
This class series meets once a week for six weeks.

**TIME:** 5:30 p.m. - 7:00 p.m.

**TO REGISTER:** Call 989.358.4616  
Email [mainvilleb@nemcsa.org](mailto:mainvilleb@nemcsa.org)  
or click link above.

This class will give you tools to:

- Reduce stress
- Communicate effectively with other family members, your doctor, and providers
- Self-care
- Reduce guilt, anger, and depression
- Help with relaxation
- Make tough decisions
- Set goals and problem-solve

Workshop is free, but donations are accepted.  
Suggested donation is \$25 but it is not required.



Area Agency  
on Aging of  
Northwest  
Michigan

