

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.

This class series meets once a week for six weeks.
Class size is limited, and registration is required.

DATES: August 5 - September 1, 2020

LOCATION: Robert J. Parks Library
6010 N Skeel Ave
Oscoda, Michigan 48750

TIME: 1:00 p.m. - 3:00 p.m.

TO REGISTER: Call 989.358.4616
Email mainvilleb@nemcsa.org

This class will give you tools to:

- Help you reduce stress
- Communicate effectively with other family members, your doctor, and paid help
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem-solve