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:** May 4, 2020 - June 15, 2020

**LOCATION:** Alcona County Commission on Aging 207 S Church Street Lincoln, MI 48742

**TIME:** 1:00 p.m. - 3:30 p.m.

**TO REGISTER:** Call 989.358.4616 Email mainvilleb@nemcsa.org

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