

Powerful Tools FOR Caregivers

CAREGIVING IS REWARDING BUT CAN BE STRESSFUL, TOO

Attend a free 6-week virtual workshop to help

POWERFUL TOOLS FOR CAREGIVERS will benefit you whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home, or across the country. This workshop focuses on **self-care** for you, the caregiver. The workshop will not focus on specific diseases or hands-on care.

In this workshop, learn how to:

- Take care of yourself
- Reduce stress and help you relax
- Make tough decisions
- Reduce guilt, anger, and depression
- Communicate effectively
- Work with family, providers, and care staff
- Set goals and problem-solve, and more!



POWERFUL TOOLS FOR CAREGIVERS WORKSHOP VIA ZOOM

Tuesday Afternoons **January 12 - February 16, 2021** **1:00 - 2:30 pm**
TO REGISTER, CLICK HERE or call 989-358-4616 or email mainvilleb@nemsca.org

Wednesday Afternoons **February 10 - March 17, 2021** **2:00pm - 3:30 pm**
TO REGISTER, CALL Tri-County Office on Aging at 517-887-1465

Monday Afternoons **March 1 – April 5, 2021** **2:00 – 3:30 pm via GoToMeeting**
TO REGISTER, CALL (833)262-2200 or email wellnessprograms@aaa1b.org

Thursday Afternoons **April 1 – May 6, 2021** **2:00 – 3:30 pm via GoToMeeting**
TO REGISTER, CALL (833)262-2200 or email wellnessprograms@aaa1b.org

Monday Evenings **April 26 - May 31, 2021** **5:30 - 7:00 pm**
TO REGISTER, CLICK HERE or call 989-358-4616 or email mainvilleb@nemsca.org

All workshops are free; donations are accepted. This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services/Aging & Adult Services Agency