

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: January 13, 2021 - February 16, 2021
This class series meets once a week for six weeks.

TIME: 1:00 p.m. - 2:30 p.m.

TO REGISTER: Call 989.358.4616
Email mainvilleb@nemcsa.org
or [click here.](#)

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.

