

# Do you struggle with taking care of a loved one?



## Past Participant Testimonials

“Because of this workshop I can communicate more effectively and take care of myself. It also increased my ability to cope and improved my attitude for life and caregiving.”

“Thank you so much for helping me feel not so alone.”

## How do participants feel after taking the workshop?

**100%** are more confident they can find ways to take care of themselves

**100%** said the workshop provided helpful information about community resources

**100%** would recommend the workshop to family and friends



## Powerful Tools for Caregivers

This **6-week program** will help you take care of yourself while caring for a relative or friend (no professional caregivers, please). You will benefit from the workshop whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home, or across the country. Please note that this workshop will not focus on specific diseases or hands-on caregiving for the care receiver.

This workshop will give **YOU**, *the caregiver*, tools to:

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

### Upcoming Virtual Workshop

**Thursdays, September 10 – October 15, 2020**

**1:30 – 3:00 pm**

**Pre-workshop Zoom Orientation Thurs., Sept. 3 at 1:30 pm**

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

**To register, call Tri-County Office on Aging at 517-887-1465**  
For a full workshop schedule visit: <https://www.tcoa.org/classesevidence-based-programs/>