POWERFUL TOOLS FOR CAREGIVERS

Enabling caregivers to develop their own box of self-care tools

*Powerful Tools for Caregivers* is a six week educational program designed to help take care of you while you are caring for a relative, friend or loved one. 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.

The educational program meets once a week for six weeks and covers the following topics:
- Taking Care of You
- Identifying and Reducing Stress
- Communicating Feelings, Needs and Concerns
- Communicating in Challenging Situations
- Learning From Our Emotions
- Mastering Caregiving Decisions

The Program is provided at **NO COST** by Elder Services of Merrimack Valley, Inc. and The Community Family, Inc.

Respite care may be available during the class times. It must be requested in advance. This workshop is not intended for professional caregivers.

For more information or to register for classes, please contact: Heather Betty, 978-458-4844 or HeatherB@communityfamily.org

**Workshop Schedule**

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<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
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<tr>
<td>The Community Family, Inc.</td>
<td>Wednesdays</td>
<td>5 - 7 PM</td>
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<td>236 Broadway Street Lowell, MA</td>
<td>Sep 16 - Oct 21</td>
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