



Powerful Tools for Caregivers

Are you feeling stretched caring for a family member, parent, friend or neighbor?

Join us as we discuss how to take care of you as a caregiver, reduce personal stress, communicate feelings and concerns, and learn from our emotions.

September 16 – October 21, 2024
(Mondays, 6-week series)
10am – 12noon

FamilyMeans
1875 Northwestern Avenue S
Stillwater, MN 55082

\$60 for series. Scholarships are available.

**Register by contacting Caregiving & Aging staff at 651-439-4840
or email familymeans@familymeans.org**

Powerful Tools for Caregivers is evidenced based educational program to help caregivers take care of themselves while caring for another. You will benefit from this class whether you are helping a parent, a spouse, a friend, someone who lives at home, in a nursing home or across the country.

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