



Powerful Tools for Caregivers

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

January 22 – February 26, 2024
(6-week series on Mondays)
Virtual Evening Class
5:30pm – 7pm

\$60 for series. Scholarships are available.
Call Jenny West with any questions 651 789-4015

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

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.

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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