



FamilyMeans
CAREGIVING & AGING

Powerful Tools for Caregivers

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

Mondays, April 8 – May 13
1:00pm – 3:00pm

St. Pius Catholic Church
3878 Highland Avenue
White Bear Lake, MN 55110

\$40 for entire series. Scholarships are available.

**Register by contacting Jenny West at 651-789-4015
or jwest@familymeans.org**

Powerful Tools for Caregivers is a six-week 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. We will be discussing how to take care of you as a caregiver, reduce personal stress, communicate feelings and concerns, and learn from our emotions. In partnership with 2nd Half with Lyngblomsten.



A Center for Enriching Lives after 50

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