



Powerful Tools for Caregivers

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

Tuesdays, October 12 – November 16
1:30pm – 3:30pm

6-week series at FamilyMeans

\$60 for series. Scholarships are available.

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

Powerful Tools for Caregivers is a six-week 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.

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.

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