



FamilyMeans
CAREGIVING & AGING

Powerful Tools for Caregivers

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

January 24 – February 28, 2023
(6-week series on Tuesdays)
Virtual Evening Class
5:30pm – 7pm

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

Click on this link to register for this class,
<https://yourjuniper.org/Classes/Register/3638>

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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