



**FamilyMeans**  
CAREGIVING & AGING

## Powerful Tools for Caregivers

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

### Evening Classes

Wednesdays, Sept. 9th – Oct. 14<sup>th</sup>  
5:30 pm to 7:00 pm

**This series will be taught virtually over Zoom.**

\$40 for series. Scholarships are available.

**Register by contacting Sarah Gavin at 651-789-4004  
or email [sgavin@familymeans.org](mailto:sgavin@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.

Funded in part with the Metropolitan Area Agency on Aging Inc. as part of the Older Americans Act Program funding.