

Powerful Tools FOR Caregivers

Caring for a family member or friend with a chronic condition can be physically, emotionally, and financially draining. Research on *Powerful Tools for Caregivers* has consistently shown increased self-efficacy for caregiver participants. The Area Agency on Aging will be offering a six-week class emphasizing self-care and empowerment.

Who is the class for?

Powerful Tools for Caregivers is an educational program designed to help family caregivers (no professional caregivers, please). This program will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home, or across the country.

This class will give YOU, the family caregiver, tools to:

- Help you reduce stress
- Communicate effectively with other family members, your doctor, and paid help
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem-solve

Class size is limited, and registration is required by April 5, 2019. Call Milene Brennan @ 724-830-1827.

Dates: Tuesdays, April 16, 23, 30 and May 7, 14, and 21

Times: 1:00-2:30 p.m.

Location: Delmont Presbyterian Church
101 Church Street
Delmont, PA 15626

To register: Call Milene Brennan @ 724-830-1827

Cost: Donations welcome to help defray cost of materials