

Powerful Tools for Caregivers

We invite you to join us
for this 6 week course !!!

Classes will be held at: United Church of Christ
1414 Ligonier Street
Latrobe, PA 15650

Dates: Tuesdays, November 5 – December 10, 2019

Time: 12:30 p.m. - 2:00 p.m.

Who will benefit:

- Spouses/partners of an adult with a chronic condition
- Adult children of aging parents
- Long-distance caregivers
- In differing stages of their caregiving role

Topics addressed in six weekly classes

- You will develop self-care tools
- Reduce stress
- Change negative self-talk
- Enhance communication skills
- Recognize messages in emotions
- Deal with difficult feelings
- Make tough caregiving decisions

Early registration is encouraged as class size is limited. Registration is required by October 25, 2019. Call Marian @ 724-830-4458.

Sponsored by:

Westmoreland County
Area Agency on Aging
200 S. Main Street
Greensburg, PA 15601

***Class is not appropriate for
professional caregivers***