



## Powerful Tools For Caregivers

Powerful Tools for Caregivers is a six week educational program designed to help take care of you while you are caring for a relative, friend, or loved one. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

The class meets once/week from **9:30-12:00 pm** on **Mondays**:

Week 1 (**Aug. 14**): Taking Care of You

Week 2 (**Aug. 21**): Identifying and Reducing Stress

Week 3 (**Aug. 28**): Communicating Feelings, Needs, and Concern

Week 4 (**Sept. 11**): Communicating in Challenging Situations

Week 5 (**Sept. 18**): Learning from our Emotion

Week 6 (**Sept. 25**): Mastering Caregiving Decisions

Cost is **Free**. Classes will be held at the **Burnside Senior Center**:  
**65 Grahl Dr Coldwater, MI 49036**

To register, please call Burnside at 517-279-6565

Powerful Tools  
**FOR** Caregivers

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