



## **Powerful Tools for Caregivers**

*Powerful Tools for Caregivers* is an educational program designed to provide you with the tools you need to take care of yourself. Participants will learn to reduce stress, improve self-confidence, better communicate feelings, balance life, increase ability to make tough decisions, and locate helpful resources. Class meets 1 time per week for 2 ½ hours.

For more information about Powerful Tools, class schedule and fees, call 1 (888) 486-9545

***Cancellation Policy: If local schools are closed due to inclement weather, classes will automatically be cancelled.***