

# Powerful Tools for *Caregivers*



This is an evidence-based program that will provide caregivers with the tools and strategies to better handle the unique challenges that come with being a caregiver. Regardless, if your loved one has a disability, is a veteran or suffering from any chronic condition this program will benefit you as their caregiver.

**Powerful Tools for Caregivers** participants will receive a book to accompany the class content. This book contains chapters covering topics such as:

- Making decisions about care facility placement
- Helping memory-impaired loved ones
- Making legal and financial decisions
- Long-distance caregiving
- Understanding depression
- Hiring in-home help
- Loss, grief and end-of-life issues

**Powerful Tools for Caregivers is a program you can count on to make a positive difference in your life!**



What you will take away from this class:

**Managing your Emotions**  
(reduced guilt, anger and sadness)

**Reducing Personal Stress**

**Self-care behaviors**  
(increased exercise, relaxation and medical check-ups)

**Effective Communication**

**Self-efficacy** (increased confidence in coping with caregiving demands)

**Taking Care of You**  
**Free 6-Week Class**

**Tuesdays**

Jan. 28, Feb. 4, 11, 18, 25  
and March 4, 2025

1:00 – 2:30pm

Carolyn Sims Center

225 NW 12th Ave,  
Boynton Beach, FL 33435

To Register contact Maureen:  
772-521-4813