

Powerful Tools FOR Caregivers

CAREGIVING IS REWARDING BUT CAN BE STRESSFUL, TOO

Attend a free 6-week virtual workshop to help

POWERFUL TOOLS FOR CAREGIVERS will benefit you whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home, or across the country. This workshop focuses on **self-care** for you, the caregiver. The workshop will not focus on specific diseases or hands-on care.

In this workshop, learn how to:

- Take care of yourself
- Reduce stress and help you relax
- Make tough decisions
- Reduce guilt, anger, and depression
- Communicate effectively
- Work with family, providers, and care staff
- Set goals and problem-solve, and more!



POWERFUL TOOLS FOR CAREGIVERS WORKSHOP VIA ZOOM

Wednesday Mornings	January 11 – February 15, 2023	10:00 am – 11:30 am
TO REGISTER, CLICK HERE OR CALL (989) 358-4616 or email mainveilleb@nemsca.org		
Wednesday Evenings	January 11 – February 15, 2023	7:00 pm - 8:30 pm
TO REGISTER, CALL (833) 262-2200 or email wellnessprograms@aaa1b.org		
Wednesday Afternoons	January 18 – February 22, 2023	2:00 pm – 3:30 pm
TO REGISTER, CALL (517) 887-1465 or email histedc@tcoa.org		
Wednesday Afternoons	March 22 – April 26, 2023	2:00 pm -3:30pm
TO REGISTER, go to www.upcap.org and click on EVENTS or dial 2-1-1		
Wednesday Afternoons	March 29 – May 3, 2023	2:00 pm – 3:30 pm
TO REGISTER, CLICK HERE OR CALL (989) 358-4616 or email mainveilleb@nemsca.org		
Tuesday Mornings	April 11 – May 23, 2023	10:00 am – 12:30 pm
TO REGISTER, CALL (313) 833-7080 Ext. 223 or email a.kanakaris@stpatsrctr.org		
Tuesday Evenings	April 25 – June 6, 2023	10:00 am – 12:30 pm
TO REGISTER, CALL (313) 446-4444 Ext. 5288 or email whitecr@daaa1a.org		
Wednesday Afternoons	June 14 – July 19, 2023	1:00 pm – 2:30 pm
TO REGISTER, CLICK HERE OR CALL (989) 358-4616 or email mainveilleb@nemsca.org		