

Powerful Tools for Caregivers

A class for family caregivers



Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. 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.

This class series meets once a week for six weeks. **Class size is limited, and registration is required.**

Dates: Fridays, beginning October 11th- November 15th

Times: 2:30pm - 4:30 p.m.

Location: ONEgeneration Senior Enrichment Center
18255 Victory Blvd.
Reseda, CA 91335

To register: Call (818)705-2345 to sign up

Cost: Suggested donation of \$5 per class to defray cost of your workbook. Not required in order to attend class.