

# ***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 11<sup>th</sup> - November 15<sup>th</sup>

**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.