Powerful Tools FOR Caregivers

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

The classes give caregivers tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources



Class Details:

Wednesdays
May 14, 2025-June 18, 2025
1:00PM-2:30PM
Via Zoom
Registration required by visiting https://ilpathwaystohealth.org/Classes/Register/1036
or calling (708) 725-9116.

"After taking this class I am a more confident caregiver!
Having tools to resolve problems is a definite advantage in becoming
a better caregiver and a happier, wiser, healthier me...and a healthier 'us'!"
- PTC Class Participant

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