

Powerful Tools for Caregivers

Caregivers, You Are Essential!

Are you taking care of an adult relative, partner, friend or parent? Powerful Tools for Caregivers is a 6-week workshop that gives you the skills to take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. We hope you walk away feeling refreshed and more confident in your role. Let us teach you how to put life back in your life.

This program will help caregivers improve:



Emotional Management

Reduces Guilt, Anger, and Depression



Self Confidence

Increased Confidence in Coping with Daily Demands



Self-Care Behaviors

Increased Exercise, Relaxation, and Medical Check-Ups



Community Resources

Increased Use of Local Services

March 2021 Sessions

Wednesdays, March 17 - April 21
5:00 - 6:30 p.m.

Tuesdays, March 23 - April 27
2:00 - 3:30 p.m.

Participants will receive a wellness package including:

- Powerful Tools for Caregivers Handbook
- Meditation CD
- Gratitude Journal
- Essential Oils



Dignity Health®
St. Rose Dominican

**Call 702.616.4912 to register
for this FREE virtual class.**