Powerful Tools for Caregivers is a six-week education program for family and friends caring for older adults with cognitive and chronic impairment. The program focuses on the self-care of family caregivers.

Classes will be held on Wednesdays from 3:30 – 5:00 pm, February 7th through March 13th, 2024

Participants should plan on attending all sessions.

Classes will be held on Zoom. A link will be sent after registration.

Any questions or to register please contact:

Robin Brewer 860-383-1542, rbrewer@seniorresourcesec.org OR
Joan Marshall 860-383-1531, jmarshall@seniorresourcesec.org

Feb 7th: Class #1: Taking Care of You
Feb 14th: Class #2: Identifying and Reducing Personal Stress
Feb 21st: Class #3: Communicating Feelings, Needs and Concerns
Feb 28th: Class #4: Communicating in Challenging Situations
March 6th: Class #5: Learning from Our Emotions
March 13th: Class #6: Mastering Caregiving Decisions

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