Virtual Powerful Tools for Caregivers Workshop

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a relative or friend. Whether you provide care for a spouse, partner, parent, friend, or 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!

Dates: Wednesdays, February 5th - March 12th
Time: 10:00 - 11:30 AM
Via Zoom

The classes give you 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

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

For more information or to register, email Mary Gonzales, at maryg@caaging.org or call Central Arizona Aging at 520-836-2758



Powerful Tools for Caregivers

PINAL COUNTY PUBLIC HEALTH

CENTRAL ARIZONA AGING