

CENTRAL ARIZONA AGING AND PINAL COUNTY PUBLIC HEALTH

HOST CAREGIVER WORKSHOP

Powerful Tools for Caregivers Workshop

10:00 a.m. - 11:30 a.m.

Tuesdays
September 15, 2026 -
October 20, 2026

Internet/ Zoom

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 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!

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 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 scan QR code or call CAA at (520) 836-2758

In the class, caregivers will receive "*The Caregiver Helpbook*", which follows the curriculum and provides additional tools to address specific caregiver issues.

This program is supported by the US. Department of Health and Human Services and Arizona Department of Economic Security, Division of Aging and Adult Services. CAA is an equal opportunity employer/program. To request a disability accommodation, contact CAA at 520-836-2758.