

# Are you struggling to balance life while caring for a loved one?

## POWERFUL TOOLS

### for Caregivers

*A research-based program...  
YOU are not alone!*



This six-week educational program, which focuses on the needs of the caregiver, is for individuals who are caring for an older friend or family member living with long-term conditions. The class provides you with the skills and confidence to better care for yourself while caring for others. Care partners develop a wealth of self-care tools to reduce personal stress, change negative self-talk, communicate their needs to family members and healthcare providers, communicate more effectively in challenging situations, deal with difficult feelings, and make tough caregiving decisions. Class participants also receive a copy of *The Caregiver Helpbook*, developed specifically for the class. This is a **free** class for anyone caring for a friend or family member with a chronic illness.

Classes meet weekly

AT:

ADDRESS:

DATES:

INFO:

To register or learn more, call Mara at 585-244-8400 x 239  
or register online at <https://www.lifespan-roch.org/new-events/>



Sponsored by Lifespan's Finger Lakes Caregiver Institute and Seneca County Office for the Aging.  
Funded by the NYS Department of Health.