

**Powerful Tools for Caregivers
A Class for Family Caregivers**

Thursdays

August 23rd, 30th and Sept. 6th, 13th, 20th, 27th 2018

Time: 9:30am-12:00pm

Location: Wood Library
Canandaigua, NY

Please register by calling the Ontario County Office for the Aging at 585-396-4047

Powerful Tools for Caregivers is a free, six-week educational program designed to provide caregivers with self-care tools. You will benefit from a class whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home or across country. You will learn to reduce stress, improve self-confidence, better communicate feelings, balance your life, and locate helpful resources.

The program consists of 2.5 hour class sessions offered weekly for six consecutive weeks. There will be breaks and refreshments served at each session. This class is not intended for professional caregivers.