Minuteman SENIOR SERVICES

OFFICE 888-222-6171
WEB www.MinutemanSenior.org
One Burlington Woods Drive
Suite 101
Burlington, MA 01803

Powerful Tools for Caregivers Virtual

By Taking Care of Your Own Health and Well-Being, You Become a Better Caregiver



This **Powerful Tools for Caregivers** workshop is a six-week educational program designed to build the skills unpaid caregivers need to take better care of themselves while caring for an adult family member or friend.

The Powerful Tools for Caregivers workshop will help you:

- Reduce stress
- Improve self-confidence
- Increase self-care behaviors such as exercise and relaxation
- Effectively communicate in challenging situations
- Locate helpful community resources

Please let us know if caring for a loved one is a barrier to attending the workshop. We may be able to help.

Program Details

Class meets **online** once a week for 6 weeks.

Dates:

Thursdays
February 19 – March 26, 2026
1:30 pm - 3:00 pm

Location: Virtual

Link provided prior to the start of class
Caregivers must have their own computers with internet access

Cost:

FREE, but space is limited! Registration is required.

To Register:

Contact Healthy Living Coordinator
Stephanie Bott
781-221-7095 or
S.Bott@MinutemanSenior.org

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