

Are You a Caregiver Looking for Guidance?

Discover Resources at This Free Workshop Series!

Powerful Tools FOR Caregivers

Tuesdays

January 8th – February 12th, 12:00 PM – 1:30 PM

Kiwanis Recreation Center Room #1

352 Devers Street, Fayetteville, NC, 28303

Light Refreshments Provided

Class size is limited, and registration is required by January 4, 2019

This series of **six** classes is designed to empower family caregivers of older adults to take better care of themselves. The rolls learned from **Powerful Tools for Caregivers** benefit caregivers by developing a wealth of self-care strategies to better handle the unique challenges faced by family caregivers. The evidence-based curriculum of **Powerful Tools for Caregivers** was developed by Dr. Kate Lorig and her colleagues at Stanford University and has benefited more than 80,000 caregivers nation-wide.

You Will Learn To:

- Identify and reduce personal stress
- Communicate feelings, needs, and concerns
- Take care of you
- Communicate more effectively during challenging situations

Who Should Attend? ANYONE:

- Caring for a loved one
- Looking for caregiving resources and needing caregiving guidance
- Wanting to master caregiving decisions and learn from emotions.



Class Schedule & More Information Contact:

Barbara A. White 910-323-4191 ext. 28 or Carla Smith 910-323-4191 ext. 23

www.mccog.org