

Powerful Tools **FOR** Caregivers

An Evidence Based Class For Family Caregivers

**Join Us For This Valuable 6 Week
Virtual Workshop!**

This Workshop Helps:

- Learn Strategies to Reduce Stress
- Communicate Effectively
- Navigate Making Tough Decisions
- Build Confidence
- Learn Effective Problem Solving Skills
- Connect With Helpful Resources
- Learn To Give Yourself Credit,
Not Guilt



To Register

Please Call 208-542-8179 or 208-716-8436

Powerful Tools FOR Caregivers

An Evidenced Based Class For Family Caregivers

Virtual Workshop

Internet access & webcam required for participation!

CLASS SCHEDULE: WEDNESDAYS

12:30 – 2:00 PM VIRTUAL: TEAMS

Sept 16th Introductions: We Are Not alone

Sept 23rd Identifying & Reducing Personal Stress

Sept 30th Communicating Feelings Needs & Concerns

Oct 7th Communicating in Challenging Situations

Oct 14th Learning From Our Emotions

Oct 21st Mastering Caregiving Decisions

If you have any additional questions
please call 208-522-5370 Ext. 203

Powerful Tools FOR Caregivers

AN EVIDENCED BASED CLASS FOR FAMILY CAREGIVERS

Space is limited. Additional classes coming soon.

YOU DON'T HAVE TO DO IT ALONE.

Powerful Tools for Caregivers is an award-winning program that has helped thousands of family caregivers.

Past Review :

“After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, and healthier me ,and a healthier us!”

-Class Member