

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources.

Class meets for 2.5 hours once per week for six weeks on Tuesdays.

Dates: September 24th – October 29th 2019

Time: 9:00 a.m. - noon

Location: Evelyn Briggs Library in Iron River 68235 S Main St

Cost: no charge

To register, call RSVP at 715-292-6400 ext 2

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