

Powerful Tools for Caregivers

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

This six-week class series gives you the confidence and support to better care for your loved one – and yourself. The classes give caregivers tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources

In the class, caregivers receive *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address specific caregiver issues. *The Caregiver Helpbook* can be ordered as a resource at powerfultoolsforcaregivers.org

Find Powerful Tools for Caregivers classes:
To register for Power Tools for Caregivers, you must have an appointment with Providences social workers before joining. For those interested please contact Melissa Gerard 707-815-6258 or email melissa.gerard@providence.org.



REGISTRATION



This class requires attendees to attend all 6 sessions.

WHEN

Every Thursday starting April 1 and ending May 6

TIME

10:00 – 11:30 a.m.

LOCATION

414 South Jefferson St. Napa

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