

# Powerful Tools FOR Caregivers

**Sponsored By:**



**With Support From:**



***Powerful Tools for Caregivers*** is a self-care education program for family caregivers, designed to provide you with tools and strategies to better handle the unique caregiving challenges you face.

The six-week program has been shown to improve:

- ◆ Self-Care Behaviors
- ◆ Management of Emotions
- ◆ Confidence in coping with caregiving demands
- ◆ Use of Community Resources

**Register now for this FREE six-week workshop:**

Fridays 1:00pm-3:30pm (Lunch Included)  
October 11, 18, 25, and November 1, 8, 15

Location: Agency on Aging South Central Connecticut  
117 Washington Avenue  
Suite 17  
North Haven, CT. 06473

**To Register Call or Email:** Patricia Soos  
(203) 785-8533 x 3159  
psoos@aoascc.org

**Or Register Online at:** [www.aoascc.org/forms/ptc/](http://www.aoascc.org/forms/ptc/)