

Powerful Tools FOR Caregivers

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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:

Tuesdays 1:00 PM – 3:30 PM

April 30, May 7, 14, 21, 28 and June 4

Location: Agency on Aging of South Central CT
117 Washington Avenue - Suite 17
North Haven, CT

To Register Call or Email: Jan Simmons

(203) 785-8533 x 3164

jsimmons@aoascc.org

Or Register Online at: www.aoascc.org/forms/ptc/