

# Powerful Tools FOR Caregivers

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**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:**

Tuesdays 6:00 PM – 8:30 PM

April 14, 21, 28, May 5, 12, 19

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

**A light dinner will be served!**

**To Register Call or Email:** Jan Simmons

(203) 785-8533 x 3164

[jsimmons@aoascc.org](mailto:jsimmons@aoascc.org)

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