

# 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:**

Wednesdays 11a-1230p  
March 23, 30, and April 6, 13, 20, 27

Location: Virtual  
Via ZOOM

**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/)