

Powerful Tools
FOR Caregivers



"After taking this class, I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me... and a healthier 'us'!"

~Powerful Tools Participant

POWERFUL TOOLS FOR *Caregivers*

WHAT YOU'LL LEARN

-  How to communicate effectively with family and health care providers
-  How to reduce stress and take care of yourself
-  How to reduce feelings of guilt, anger and depression
-  How to make tough decisions

FOR MORE INFORMATION CONTACT US 1 OF 3 WAYS:



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tinyurl.com/AgeWaysWorkshops

This workshop is made available in whole or part with funding from the Federal Older Americans Act and Michigan Department of Health and Human Services/ The Bureau of Aging, Community Living, and Supports through AgeWays Nonprofit Senior Services.