

# Powerful Tools FOR Caregivers



## WHO IS THE CLASS FOR?

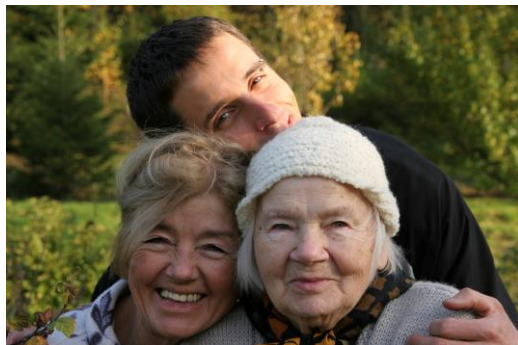
**Powerful Tools for Caregivers** is a nationally awarded and recognized educational program designed to help family caregivers of all —no “professional” caregivers, please.

This program will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home, or across the country.

## WHAT DOES THE CLASS COVER?

This class will give YOU, the family caregiver, tools to help you reduce stress; communicate effectively; reduce guilt, anger, and depression; make tough decisions; and set goals and problem-solve during six classes:

- Class #1: Taking Care of You
- Class #2: Identifying and Reducing Personal Stress
- Class #3: Communicating Feelings, Needs, and Concerns
- Class #4: Communicating in Challenging Situations
- Class #5: Learning From Our Emotions
- Class #6: Mastering Caregiving Decisions



## REGISTRATION INFORMATION

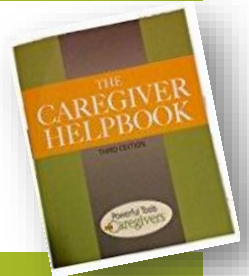
Registration is requested by March 11, 2019.

- Call the Davie County Library at 336-753-6030
- Or email [Jblue@daviecountync.gov](mailto:Jblue@daviecountync.gov)
- Or register online at [www.daviecountync.gov/400/Public-Library](http://www.daviecountync.gov/400/Public-Library)

The series is offered **at no cost** to the participants.

## INCLUDES HOW-TO-DO-IT BOOK!

Each class participant will receive **The Caregiver Helpbook** to accompany the class content at no cost.



## CLASS SCHEDULE

### Dates & Time

Tuesdays, March 19 – April 23, 2019  
9:00 – 11:00 a.m.

### Location

Davie County Public Library  
History Room (first door on left)  
371 North Main Street  
Mocksville, NC 27028

“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!”

Peggy, caregiver  
(mother has Alzheimer’s disease)