

Powerful Tools for *Caregivers*



Caring for an older relative or friend with a chronic illness such as dementia, heart disease, Parkinson's disease or stroke can be stressful physically, emotionally and financially. Powerful Tools for Caregivers is an educational program designed to provide you with the tools you need to take care of yourself.



You Will Learn To: Reduce stress; Improve self-confidence; Better communicate your feelings; Increase your ability to make tough decisions; Locate helpful resources; Balance your life.

Each course consists of consecutive weekly sessions. Participants receive a copy of The Caregiver Help book. Refreshments provided. Donations are accepted to defray the cost of the course, but not required to attend.



UPCOMING SPRING CLASSES



Tuesdays, February 26-April 2, 2019
4:00-6:00 PM
Arbor Ridge at Stanleyville
350 Arbor View Lane, Winston-Salem



Tuesdays, April 23-May 28, 2019
1:00-3:00 PM
Senior Enrichment Center
130 East Mountain Street, Kernersville



To Register for any of the above courses, contact:
Linda Lewis
The Shepherd's Center of Greater Winston-Salem
(336) 748-0217.
Registration is Required! Space is Limited.