

Powerful Tools for Caregivers

They depend on you....

Give yourself the tools to succeed.



This 6-week workshop will help anyone caring for an older friend or a relative, whether it's at home, in a nursing home or across the country. **Powerful Tools for Caregiving** is an evidence-based program that helps you develop a wealth of tools to:

- reduce stress
- change negative self-talk
- communicate more effectively
- recognize the messages in emotions
- make tough caregiving decisions

Donations are encouraged.

*Funded in part by the SEMN Area
Agency on
Aging as part of the Older Americans
Act*



Thursday's April 13th-May 18th, 2023

6:00-7:30pm

United Methodist Church

20 1st St NE, Dodge Center, MN

Class size is limited.

Respite care may be available with advanced notice. **Registration is required by April 3rd**

For more information, call

507-285-5272

Elder Network Services are available to all eligible persons regardless of race, color, sex, religion, disability or national origin. Elder Network is a non-profit organization.