

Are You a Caregiver Looking for Guidance?

Discover Resources at This **FREE** Workshop Series!

Powerful Tools FOR Caregivers

Cedar Park First United Methodist Church

600 W. Park St., Cedar Park, TX 78613

Wednesdays starting July 25th thru August 29th, 2018

9:30 - 11:00 am

This series of six classes is designed to empower family caregivers of older adults to take better care of themselves. The tools learned from **Powerful Tools for Caregivers** benefit caregivers by developing a wealth of self-care strategies to better handle the unique challenges faced by family caregivers. The evidence-based curriculum of **Powerful Tools for Caregivers** was developed by Dr. Kate Lorig and her colleagues at Stanford University and has benefited more than 80,000 caregivers nation-wide.

You Will Learn To:

- Identify and reduce personal stress
- Communicate feelings, needs, and concerns
- Take care of you
- Communicate more effectively during challenging situations

Who Should Attend? ANYONE:

- Caring for a loved one
- Looking for caregiving resources and needing caregiving guidance
- Wanting to master caregiving decisions and learn from emotions



CAREGIVERU
A Program of AGE of Central Texas

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Class Schedules & More Information: www.CaregiverUcentx.org