

# Are You a Caregiver Looking for Guidance?

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

## Powerful Tools **FOR** Caregivers

**Wednesdays, March 6-April 10, 9:30 a.m.-11:00 a.m.**

**Cedar Park United Methodist Church**

**600 W. Park St.**

**Cedar Park, TX 78613**

**To Register: Bonnie How at 512-335-9540 or [bonnie@cpfumc.org](mailto:bonnie@cpfumc.org)**

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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FOUNDATION**

Class Schedules & More Information: [www.CaregiverUcentx.org](http://www.CaregiverUcentx.org)