

Powerful Tools FOR Caregivers



This is an evidence-based program that will provide caregivers with the tools and strategies to better handle the unique challenges that come with being a caregiver. Regardless if your loved one has a disability, is a veteran or suffering from any chronic condition this program will benefit you as their caregiver.

Powerful Tools for Caregivers participants will receive a book to accompany the class content. This book contains chapters covering topics such as:

- Making decisions about care facility placement
- Helping memory-impaired loved ones
- Making legal and financial decisions
- Long-distance caregiving
- Understanding depression
- Hiring in-home help
- Loss, grief and end-of-life issues

Powerful Tools for Caregivers is a program you can count on to make a positive difference in your life!



What you will take away from this class:

**Managing your Emotions
(reduced guilt, anger and sadness)**

Reducing Personal Stress

**Self-care behaviors
(increased exercise, relaxation and medical check-ups)**

Effective Communication

Self-efficacy (increased confidence in coping with caregiving demands)

Taking Care of You

Mondays

**Sept. 8, 15, 22, 29,
Oct. 7, 14 and 21, 2025**

10:00 – 11:30am

**Our Lady Queen of
Apostles Church
100 Crestwood Blvd. S
Royal Palm Beach**

**To Register Call:
561-601-1005**