

# 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**  
**Free 6-Week Class**

**Tuesdays**

**Jan. 6, 13, 20, 27,  
Feb. 3 and 10, 2026**

**1:00– 2:30pm**

**Basilica of St. Edward  
144 N. County Rd.,  
Palm Beach**

**For Questions contact and to  
Register Maureen: Maureen:  
772-521-4813**