

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**

Mondays

**Oct. 19, 26,
Nov. 2, 9, 16 and 23, 2026**

10:00– 11:30am

**Cathedral of St. Ignatius Loyola
9999 N. Military Trail,
Palm Beach Gardens**

**For Questions contact and to
Register Contact Maureen:**

772-521-4813