

# Powerful Tools for Caregivers

## For Veterans and Military Families



**A 6-part workshop series,  
designed to help family caregivers find  
balance while caring for a loved one**

**Learn to:**

- \* Reduce stress**
- \* Make tough decisions**
- \* Navigate family dynamics**
- \* Connect with resources**

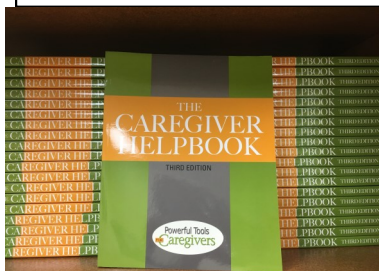
**Military Family Caregivers experience more physical,  
emotional and financial stress than the national average!**

**Zooming Into Powerful Tools is easy!**

All you need is a computer or tablet  
Practice Zoom meetings and individual help offered  
so you are ready for your first class!

**Twin Falls County Class:**

**Tuesdays, January 5th—February 9th 6-7:30pm**



**What care partners say about Powerful Tools for Caregivers:**

***“It has taught me so many things that  
I have needed to know.  
Most of all--I am not alone.”***

**For more information or to register or schedule a class:  
call: (208) 947-4283**

**email: [kkouba@jannus.org](mailto:kkouba@jannus.org)**

*New classes scheduled year round— join our mailing list for updates!*



**LEGACY  
CORPS**  
For Veteran and Military Families

