

Are you stressed by caregiving?  
**Powerful Tools for Caregivers**



**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

**A CLASS FOR THE HOLIDAY SEASON**

**BEGINNING MONDAY, NOVEMBER 30th 1:30-3:00**

***Powerful Tools Classes in the comfort of your own home!***

Powerful Tools will give you the skills to take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver.

*Thanks to sponsors and dedicated volunteers, this class is offered FREE of charge!*

**The Zoom format for on-line learning will be the program we use.** You will need a computer or a tablet with internet access to participate. We know that for many the thought of using an on-line venue may be overwhelming. **Your registration includes a pre-training for Zoom readiness.** The goal is for you to have a successful class experience.

**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  
email: [kkouba@jannus.org](mailto:kkouba@jannus.org) or call 208-947-4283

