

# Powerful Tools FOR Caregivers

**A FREE Six-Week  
Workshop for Caregivers**



Powerful Tools for Caregivers is a nationally awarded and recognized educational program designed to help family caregivers of all ages –no “professional” caregivers, please. This program will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home, or across the country.

***This class will give YOU, the family caregiver, tools to help you reduce stress; communicate effectively; reduce guilt, anger, and depression; make tough decisions; and set goals and problem-solve during six classes.***

Registration is requested by  
February 26, 2020.

●The series is offered at no cost to the participants.

●To register, contact:

Amber Chapman:

Phone: 828-265-5434 ext. 113 or

Email: [achapman@hccog.org](mailto:achapman@hccog.org)

**Dates & Time:**

Mondays; March 2nd- April 6, 2020

10:00 a.m. – 12:00 p.m

**Location:**

Wilkes Health Foundation

Meeting Space @1901

(Entrance Door on Right)

1902 W Park Drive

North Wilkesboro, NC 28659

