

Powerful Tools for *Caregivers*



Caring for an older relative or friend with a chronic illness such as dementia, heart disease, Parkinson's disease or stroke can be stressful physically, emotionally and financially. Powerful Tools for Caregivers is an educational program designed to provide you with the tools you need to take care of yourself.



You Will Learn To: Reduce stress; Improve self-confidence; Better communicate your feelings; Increase your ability to make tough decisions; Locate helpful resources; Balance your life.

Each course consists of consecutive weekly sessions. Participants receive a copy of The Caregiver Help book. Donations are accepted to defray the cost of the course, but not required to attend.



UPCOMING VIRTUAL CLASS

**Thursdays, June 4-July 9, 2020
1:30-3:00 PM**

**Class offered online via Zoom. Audio and video access required.
Early registration is advised. Class size is limited.**



To Register for any of the above courses, contact:
Carol Ann Harris
The Shepherd's Center of Greater Winston-Salem
(336) 748-0217.
Registration is Required! Space is Limited.