

Powerful Tools FOR Caregivers

Taking care of a spouse or parent?
Stressed and need some better ways to cope?

The Powerful Tools for Caregivers Program helps you:

- Take care of yourself by learning new techniques for relaxation and incorporating exercise into daily living
- Manage emotions and help reduce guilt, anger, and depression
 - Improve confidence in coping with caregiving demands
- Connect with community resources that may be of service to you

"After taking this class
I am a more confident
caregiver! Having tools
to resolve problems is
a definite advantage
in becoming a better
caregiver and a happier,
wiser, healthier me...
and a healthier 'us'!"

~Powerful Tools
Participant

Tuesdays from
October 21 – November 24

Workshop meets once per week for 6 weeks

1-3pm

Jewish Family Service

6555 West Maple Road, West Bloomfield

Pre-Registration Required

(Must be a family caregiver to register)

To register

email aheitchue@jfsdetroit.org or call 248.592.2695

Area Agency on Aging 1-B

 **AgeWays**
Nonprofit Senior Services

**Jewish
Family
Service**
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