



POWERFUL TOOLS for CAREGIVERS: A 6-week on-line workshop using Zoom

Whether you are helping a parent, spouse, friend, or someone who lives at home or in a nursing home, this workshop will focus on self-care for you. This program teaches caregivers how to reduce stress, relax, make tough decisions, reduce guilt, anger, and depression, and communicate effectively with family, providers, and care staff. Sessions meet once a week for 2 hours via Zoom.

Mondays Evenings **October 5 – November 9, 2026** **6:30 - 8:00 PM**
To register, visit www.tinyurl.com/agewaysworkshops or call (833) 262-2200

Thursdays Afternoons **October 15 through November 19, from 1:30 – 3:00 pm (Eastern)**
To register, go online www.upcap.org and click on Events or dial 2-1-1 for assistance. Registration ends September 25.

Wednesday Evenings **January 13 – February 17, 2027** **6:00 – 7:30 pm**
To register, call Tri-County Office on Aging at 517-887-1465 or email histedc@tcoa.org