Powerful Tools for Caregivers

CAREGIVING IS REWARDING BUT CAN BE STRESSFUL, TOO

Attend a free one-time workshop to help

POWERFUL TOOLS FOR CAREGIVERS Managing Stress workshop will benefit you whether you are helping a parent, spouse, friend, or someone who lives at home, in a nursing home, or across the country. This workshop focuses on **stress management** for you, the caregiver. The presentation will not focus on specific diseases or hands-on care.

In this one-time workshop, you will learn to:

- Recognize the signs and sources of caregiver stress and burnout
- Understand the results of neglecting stress
- Take action to reduce stress



You will also learn about other caregiver resources offered by Tri-County Office on Aging

UPCOMING WORKSHOP

East Lansing Public Library
950 Abbot Rd. - East Lansing
Wednesday, December 9, 2026
1:00 - 2:00 pm

Workshop is free of charge, but donations accepted

To register, call Tri-County Office on Aging at 517-887-1465 or email histedc@tcoa.org

Tri-County Office on Aging

East Lansing Public Library

For a full workshop schedule visit https://www.tcoa.org/classesevidence-based-programs/

Workshops made available in whole or part with funding from the Federal Older Americans Act and MDHHS/Bureau of Aging, Community Living, and Supports through the TCOA.