

Powerful Tools for Caregivers

CAREGIVING IS REWARDING BUT CAN BE STRESSFUL, TOO

Attend a free 6-week workshop to help

POWERFUL TOOLS FOR CAREGIVERS 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 **self-care** for you, the caregiver. The workshop will not focus on specific diseases or hands-on care.

In this workshop, learn how to:

- Take care of yourself
- Reduce stress and help you relax
- Make tough decisions
- Reduce feelings of guilt, anger, and depression
- Communicate effectively
- Work with family, providers, and care staff
- Set goals and problem-solve, and more!



UPCOMING WORKSHOP

Virtual via Zoom

Wednesdays, January 13 - February 17, 2027

6:00 - 7:30 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



For a full workshop schedule visit <https://www.tcoa.org/classes/evidence-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.