

Powerful Tools for *Caregivers*

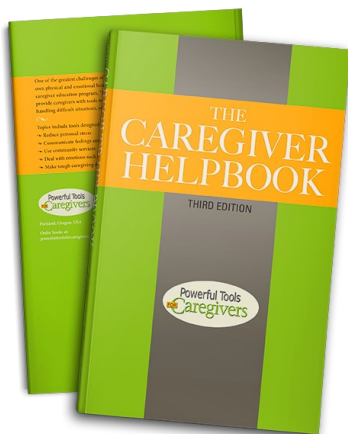
www.powerfultoolsforcaregivers.org

*Are you struggling to
balance life while
caring for a loved one?*



This 6-week educational program **focuses on the needs of family caregivers** of individuals living with a chronic illness and/or memory loss. Family caregivers develop a variety of self-care tools to:

- ◆ **Better manage personal stress**
- ◆ **Change negative self-talk**
- ◆ **Communicate more effectively in challenging situations**
- ◆ **Deal with difficult feelings and make tough caregiving decisions.**
- ◆ **A researched based program...
*YOU are not alone!***



Class participants also receive a copy of [The Caregiver Helpbook](#), developed specifically for the class.

**Classes forming now...
call for a schedule**

**585-335-4358 or email:
caregiver@noyeshealth.org**

***Pre-registration required.
Space is limited.***

\$20 suggested donation.

A companion volunteer may be available to stay with your loved one so you can attend.



Sponsored by Lifespan's Finger Lakes Caregiver Institute, Livingston County Office for Aging, Noyes Caregiver Resource Center