

# Powerful Tools for Caregivers



## What is Powerful Tools?

The Powerful Tools for Caregivers program is a 6-week class series that supports caregivers in taking care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver.

## What Will I Learn in Classes?

- Class #1: Taking Care of You
- Class #2: Identifying & Reducing Personal Stress
- Class #3: Communicating Feelings, Needs and Concerns
- Class #4: Communicating in Challenging Situations
- Class #5: Learning from Our Emotions
- Class #6: Mastering Caregiving Decisions

## Register by Email:

[caregiver@aaa9.org](mailto:caregiver@aaa9.org)

## Register by Phone:

By calling 1-800-945-4250 press 0 and ask for the Caregiver Program or follow the prompts on the menu to reach the Caregiver Program.

Class size is limited  
Classes are Free!

**When:** March 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> April 4<sup>th</sup>, 11<sup>th</sup>

**Where:** The Carr Center  
1035 Beverly Ave, Zanesville, OH 43701

**Time:** 10:00am – 11:30am