

# Powerful Tools for *Caregivers*

www.powerfultoolsforcaregivers.org



## Are you struggling balancing life with caregiving for a loved one?

This **six-week** educational program, which focuses on the **needs of the caregiver**, is for family and friends who are caring for older adults suffering with long-term conditions. The class provides you with the skills and confidence you need to better care for yourself while caring for others.

Caregivers develop a wealth of self-care tools to reduce personal stress, change negative self-talk, communicate their needs to family members and healthcare providers, communicate more effectively in challenging situations, recognize the messages in their emotions, deal with difficult feelings, and make tough caregiving decisions. Class participants also receive a copy of [\*The Caregiver Helpbook\*](#), developed specifically for the class. **Classes offered spring and fall.**

**Where:** Goodwill Community Center:  
4119 Lakeville Rd., Geneseo 14454

**When:** Six Wed. classes 1:00-3:30.  
April 26, May 3, 10, 17, 24, 31

**Cost:** \$25 (for class materials - *The Caregiver Helpbook*)

*Respite may be available for your loved one so you can attend.*

**Seating is limited.**

**To Register:**

**Call 585-335-4358**

**email [caregiver@noyeshealth.org](mailto:caregiver@noyeshealth.org)**

***A researched based program...  
YOU are not alone!***



**Sponsored by: Noyes Caregiver Resource Center  
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[www.noyes-health.org](http://www.noyes-health.org)