

Powerful Tools for *Caregivers*

www.powerfultoolsforcaregivers.or



Where: Dansville Library
200 Main St., Dansville, NY 14437

When: Six Thurs. classes, 1:00-2:30 pm
Sept. 14, 21, 28, Oct. 5, 12, 19

No cost for family caregivers.

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

*Register today!
seating is limited.*

To Register:

585-335-4358 or email:

caregiver@noyeshealth.org

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

This **six-week** educational program is for family and friends who are caring for older adults suffering with long-term illnesses. The class provides the skills and confidence you need to better care for yourself while caring for others. **Tools to help you:**

- Better manage personal stress
- Change negative self-talk
- Communicate needs more effectively to family members and medical professionals
- 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.

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



**Sponsored by: Noyes Caregiver Resource Center
and Livingston County Office for the Aging**



www.noyes-health.org