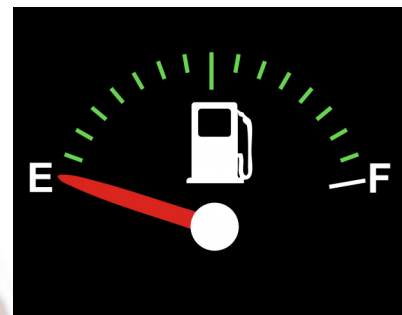


Running on empty?



AVOID

Caregiver Burnout

Powerful Tools
FOR Caregivers

**Take the Powerful
Tools for Caregivers**

Powerful Tools for Caregivers is a 6 week workshop focused on the wellbeing of the family caregiver—individuals caring for an aging, ill, or disabled loved one. Learn tools to reduce stress, guilt, anger and depression and to help with time management, goal setting, problem solving and communicating in difficult situations.

When: Every Monday, April 19th-May 17th, 1-3pm

Where: This workshop will be offered online using Zoom—learn from the comfort of your own home!

Suggested Donation: \$10

Registration: Contact Carrie at the ADRC at 877-485-2372 if you are interested in more information or participating in our next workshop! Participants do need access to internet and a computer, tablet or smartphone.

Unsure about an online workshop?

We will help you every step of the way! Imagine what other opportunities will open up for you after learning this new way to connect and learn!

Brought you by:

