

# Powerful Tools FOR Caregivers



## Join us and refuel!

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.



**Every Monday, 1-3pm  
September 13-October 18th, 2021**

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

**Registration:** Register by calling Carrie at the ADRC to register at 877-485-2372. Participants need access to internet and a computer, tablet or smartphone.

*You can't pour from an empty cup.*