

## Powerful Tools FOR Caregivers

**Powerful Tools for Caregivers** is being offered **starting Thursday, October 5, 2023**, by certified leaders Rebecca Hyde and Sherry Pomeroy. Classes help caregivers take better care of themselves while caring for an adult friend or relative. Whether you provide care for a spouse, partner, parent, or friend; whether you're down the block or miles away, yours is an important role. This course is for family caregivers like you!

***The classes give you tools to help:***

- Reduce stress
- Improve self-confidence
- Manage time and set goals
- Better communicate
- Make tough decisions
- Locate helpful resources



**Powerful Tools for Caregivers** gives you the confidence and support to better care for your loved one—and yourself. **Online classes will be held every Thursday for six weeks starting October 5 and ending November 9, 2023, from 3:00- 4:30 PM.** Assistance with Zoom will be available. The class, which is offered at no charge, includes "The Caregiver Helpbook," a resource book for caregivers.

Contact Rebecca Hyde, [rhvde@lifespan-roch.org](mailto:rhvde@lifespan-roch.org) or call 585-645-4572 for more information or to register for the class. Registration deadline is Friday, September 22.

*"After taking this class I am a more confident caregiver!  
Having tools to resolve problems is a definite advantage in becoming  
a better caregiver and a happier, wiser, healthier me ... and a healthier 'us'!"*  
- PTC Class Participant



Powerful Tools for Caregivers (PTC) is a 501(c)(3) nonprofit based in Portland, OR. For more information, visit the website at <https://www.powerfultoolsforcaregivers.org>.

**Restoring hope**

**Refreshing bodies**

**Renewing spirits**

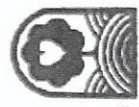


**2023 Programs**

- March 24 to 26 Weekend for alums
- April 28 to 30 Grandmothers raising their grandchildren
- May 19 to 21 Women with cancer
- June 16 to 18 Mothers with low income
- Sept 29 to Oct 1 Moms raising a child on the autism spectrum

**Contact Info**

Sr. Diane Gianadda, OSF, LCSW, Director  
 or  
 Teresa Maclocha, MSW, Program Coordinator  
 1301 Ferry Avenue  
 Niagara Falls, NY 14301  
 716.893.0931



www.womensrespite.org  
 womensrespite@yahoo.com  
 facebook.com/stellavomensrespite

The Women's Respite Program is a not-for-profit, tax-exempt organization funded through individual contributions, small grants and lots of volunteerism.

Here is my contribution to the Women's Respite Program. \$ \_\_\_\_\_

(The cost to sponsor a woman for an entire weekend is \$300.)

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State Zip \_\_\_\_\_

Email \_\_\_\_\_

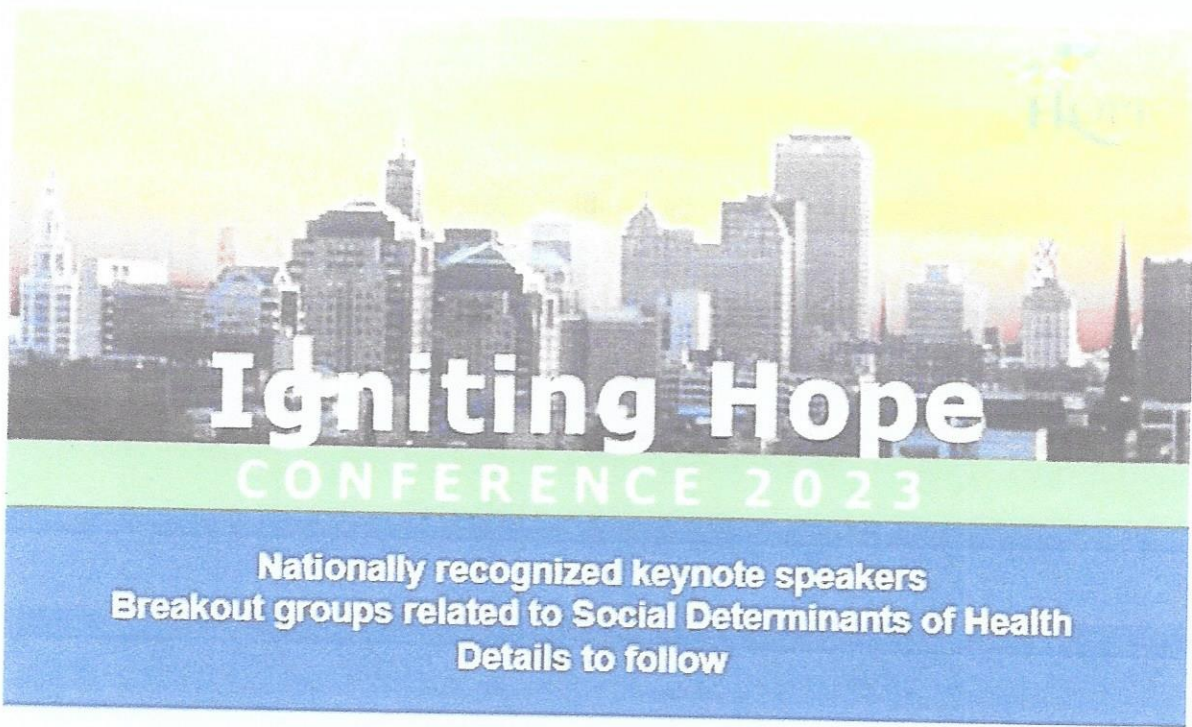
Include me in your twice yearly newsletter mailing  Yes  No

Contact me about volunteering. My phone # is \_\_\_\_\_

Your contribution is tax deductible.

**T**hank you for making your check payable to the Women's Respite Program  
 1301 Ferry Ave.  
 Niagara Falls, NY 14301





SAVE THE DATE:

**Saturday, September 30**



Jacobs School of Medicine and Biomedical Sciences

*Community members, faculty, and students welcome.*

*Supported in part by NIH grants U11TR001412 and 5R13TR003486 to the University at Buffalo.*

