

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is being offered **starting Thursday, September 29, 2022**, by certified leaders Rebecca Hyde, Sherry Pomeroy, & Cathy Caputo. 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 September 29 and ending November 3, 2022, 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, rhyde@lifespan-roch.org or call 585-645-4572 for more information or to register for the class. Registration deadline is Friday, September 23.

*"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>.