

# Powerful Tools FOR Caregivers

**Powerful Tools for Caregivers** classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility, whether 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, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources



This six-week virtual class series gives you the confidence and support to better care for your loved one – and yourself.

In the class, caregivers receive *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address specific caregiver issues.

**Virtual Option via Zoom**

**April 21<sup>st</sup> – May 26<sup>th</sup>**

**Wednesdays from 2:00 pm – 3:30 pm CST**

**Some accommodations can be made for those without technology access or knowledge**

For more information, please contact

Becky at 812-492-7452 or Elizabeth at 812-431-3579.

*"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. The PTC national office in Portland, OR supports caregivers, Class Leaders, and Master Trainers in the US, Canada, and Korea.