

**Caring for a loved one
Is easier when you
have support**



We can help...

POWERFUL TOOLS FOR CAREGIVERS WORKSHOP

Caring for a relative, child or a friend with a chronic illness can be stressful physically, emotionally and financially.

Join our Powerful Tools for Caregivers six week class that is designed to provide you, the family caregiver, with the skills you need to take care of yourself.

Powerful Tools for Caregivers will help you:

- ✓ Reduce Stress
- ✓ Improve self-confidence
- ✓ Balance your life
- ✓ Better communicate your feelings
- ✓ Increase ability to tackle tough decisions
- ✓ Locate helpful resources

Program Details

**Dates: Tuesdays:
March 19, 2019 – April 23,
2019**

**Time: 1:30PM – 3:00PM
Meetings are once a week, for
six weeks.**

**Location: GISD Business
Services Conference Room
2110 W. Hill Rd, Flint MI**

**Cost: \$20 is requested to
cover the cost for the
participant book, BUT not
required to attend the class.**

**Contact: Jennifer Joyner at
(810) 239-7671 x281 to
register OR
joynerj@valleyaaa.org**



This class is being paid for by the Valley Area Agency on Aging (VAAA) and Aging and Adult Services Agency (AASA). If you would like additional information, please call Abbie Mars at VAAA at (810) 600-0633 or marsa@valleyaaa.org.