Caring for a loved one is easier when you have support

We can help...

POWERFUL TOOLS FOR CAREGIVERS WORKSHOP

Caring for a relative 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

Wednesdays:
June 10 – July 15, 2020

Time:
1:00pm – 2:30pm
Meetings are once a week, for six weeks.

Location:
This class will be held virtually using Zoom.
Participants will be mailed, “The Caregiver Helpbook” prior to the class starting.

Contact:
Abbie Mars at marsa@valleyaaa.org to register for this class. Please register for this class by June 1, 2020 in order to mail materials in time.

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) 247-2541 or marsa@valleyaaa.org.