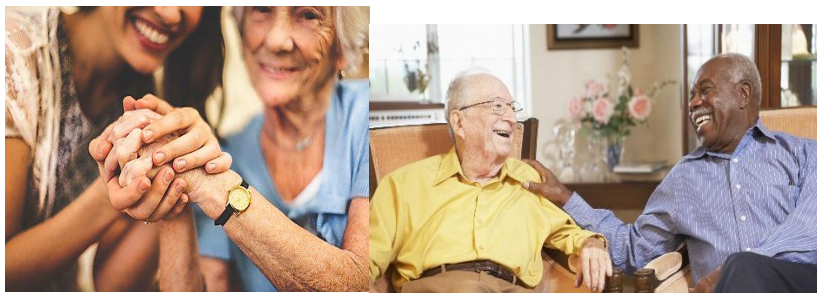


**Caring for a loved one
Is easier when you
have support**



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

Dates: Mondays:

November 2 – December 7,
2026

Time: 4:00pm – 5:30PM

Meetings are once a week, for
six weeks.

Location:

Mundy Twp Senior &
Enrichment Center
1286 W Hill Rd
Flint, MI 48507

**Cost: Free! Donations
welcome for the participant
book.**

**Contact: Mundy Twp Senior &
Enrichment Center at 810-922-
4476 to register.**



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.