

POWERFUL TOOLS FOR CAREGIVERS WORKSHOP

Powerful Tools for Caregivers workshop series is a nationally recognized evidenced based program which helps unpaid caregivers take care of themselves while caring for a family member or friend.

6 Week Course

Every Wednesday | 3:00—5:00 pm

Beginning July 11, 2018

Workshop Topics

- July 11** CLASS 1: Taking care of YOU
- July 18** CLASS 2: Identifying and reducing personal stress
- July 25** CLASS 3: Communicating feelings, needs and concerns
- Aug 1** CLASS 4: Communicating in challenging situations
- Aug 8** CLASS 5: Learning from our emotions
- Aug 15** CLASS 6: Mastering caregiving decisions

Please plan on attending all classes.

Location:

Martha & Mary Health & Rehab Center
19160 Front Street NE
Downtown Poulsbo



NO CHARGE to Participate
Registration Required

Please call Kitsap County
ALTC to register:
360-337-5700 or
1-800-562-6418

Presented By:

MARTHA & MARYSM
At HomeSM



Kitsap County
Aging & Long
Term Care