

POWERFUL TOOLS *for* **Caregivers**

An Educational
Program for
Family Caregivers



Are you caring for an aging loved one? Let us help you care for YOU!

By attending the six-week
Powerful Tools for Caregivers
class, you will learn how to:

- Reduce personal stress
- Improve self-confidence
- Balance commitments
- Make tough decisions
- Communicate your needs to family members and service providers
- Deal with difficult feelings and challenging situations
- Learn about community resources
- Take better care of your family member
- Take better care of yourself

Local Contact Information:



MONTANA
STATE UNIVERSITY

EXTENSION

MSU Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.