

POWERFUL TOOLS for *Caregivers*

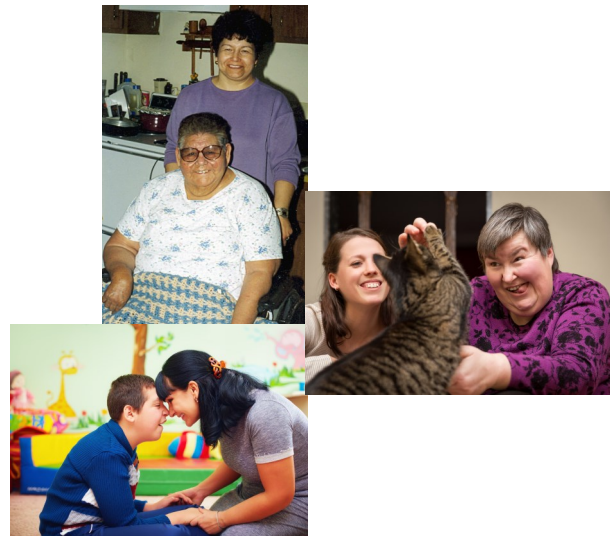
An Educational
Program for
Family Caregivers



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

After attending the
six-week *Powerful Tools
for Caregivers* series,
you will know 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



montanaptc.org

MSU Extension is an ADA/EO/AA/Veteran's Preference
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