

Powerful Tools for *Caregivers*

A 6-week course to help

- ❖ Reduce personal stress, change negative self talk
- ❖ Communicate needs to others
- ❖ Deal with difficult emotions
- ❖ Cope with life changes such as working through alternate housing options, safety issues, and financial obligations.

Sarasota: 2012 Tuesdays, Jan. 10 - Feb. 14 12:30 pm - 3 p.m. Senior Friendship Centers Caregiver Resource Center, 1820 Br. Geenen Way, Sarasota, FL 34236. Call Paula Falk, 941.556.3270 for details. An evening Powerful Tools class is being considered, if interested, please contact Paula Falk.

Venice : 2012 Wednesdays, Jan. 4, - Feb. 8, 9:30am -12:00 p.m. Senior Friendship Centers Caregiver Resource Center 2350 Scenic Drive, Venice FL 34293. Call Kathleen Simonds, 941.584.0050 for details .



Senior Friendship Centers Caregiver Resource Centers and **Pathways to Engagement**, an initiative of volunteers leading caregiving education, invite you to participate in this highly interactive educational series for family caregivers developed by Legacy Health Systems now part of a recently formed independent nonprofit organization, *Powerful Tools for Caregivers*. **Attendees are expected to attend all classes. Class size is limited, pre-registration is required. Additional classes will be scheduled in February , 2012**



Participants completing the course have reported:

- Increased exercise and relaxation overall
- Improved emotional wellbeing, reduced anger, guilt and depression
- Increased self confidence in coping with caregiving demands
- Increased use of community resources

“There was a common bond. We were all dealing with some of the same issues. We shared our stories and learned ways to cope. I learned that it was important to take care of me.” (a testimonial of a Powerful Tools graduate)