

****IN PERSON OR VIRTUAL****

Powerful Tools **FOR** Caregivers

*Caring
for the
Caregiver*

Fight Stress & Prevent Burnout

Every WEDNESDAY
April 6th—May 11th
9:30– 11:00am

**Registration is required by
Thursday, March 31st**

It's not easy balancing life when you care for someone with a chronic health condition.

Powerful Tools for Caregivers is a six-week class that provides caregivers with tools to help reduce stress, balance life, better communicate feelings, make tough decisions, and prevent burnout.

Class participants will receive a book to accompany the class content. This book contains chapters covering topics such as:

- Taking Care of You
- Identifying and Reducing Stress
- Communicating Feelings, Needs & Concern
- Communicating in Challenging Situations
- Learning from our Emotions

To register or for more info, please call
704-986-3769.

*If participating through ZOOM, we will assist with set up.


Stanly County
SENIOR SERVICES

**283 N. Third St.
Albemarle, NC 28001
704-986-3769**