

Powerful Tools For Caregivers

Are you caring for a spouse, parent, relative, friend?

Dates: Thursdays 9/18-10/23, 2014 **Time:** 12:30-2:00 p.m.

Location: Mashpee Senior Center, 26 Frank E. Hicks Dr. Mashpee

Leaders: Cecilie Brown, Frank Riley, Elder Services of Cape Cod and The Islands, Family Caregiver Support Program

To Register: (508) 394-4630 x450

Cost: Free *and* a copy of the Caregiver Helpbook will be provided.

Respite funds are available for those in need, call for information.

Powerful Tools for Caregivers is a six week educational program designed to help family caregivers take care of themselves.

This class will give you, the family caregiver, tools to:

- Reduce stress
- Communicate more effectively
 - Take care of yourself
- Reduce guilt, anger and depression
 - Help you relax
 - Make tough decisions
- Set goals and problem-solve



**Presented by Elder Services of Cape Cod & the Islands
Family Caregiver Support Program**

