

# Powerful Tools For Caregivers

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

**Dates:** Tuesdays, March 4 – April 8, 2014 **Time:** 10:30 AM–12:00 PM

**Location:** Falmouth Senior Center, 300 Dillingham Ave. Falmouth

**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**

