

# Powerful Tools for Caregivers



## HELPING YOU COPE WITH YOUR CAREGIVING ROLE

Powerful Tools for Caregivers is a free educational program that is designed to help you, the family caregiver, in taking better care of yourself. During the six week program, participants will learn about these topics: taking care of you; identifying and reducing personal stress; communicating feelings, needs and concerns; communicating in challenging situations; learning from your emotions and mastering caregiving decisions.

*This class is for family caregivers of children and adults with special health and behavioral needs.*

### Six-Week Session Dates:

**April 14, 28 and May 5, 12, 19, 26, 2020**

**From 10:00 A.M. - 12:00 P.M.**

**Sterling Manor Center - Suite 105**

**39393 an Dyke Ave.**

**Sterling Heights, MI 48313**

*\*Please park in the back of the building and enter through rear door.\**

Space is limited to 12 individuals. Pre-registration is required by Friday, April 10th.

Participants need to attend 4 of the 6 sessions to receive their certificate



IF YOU HAVE QUESTIONS, OR WOULD LIKE TO REGISTER,  
PLEASE EMAIL [KAYLA.LUTZ@BEAUMONT.ORG](mailto:KAYLA.LUTZ@BEAUMONT.ORG)