



Powerful Tools for Caregivers

Are you feeling overwhelmed or stretched thin - Caring for a family member, parent, friend or neighbor?

Powerful Tools for Caregivers is a six-week evidence-based educational program to help caregivers take care of themselves while caring for another. Learn and discuss how to reduce personal stress, communicate feelings and concerns, manage emotions, and carve out time for yourself.

If you care for a family member, spouse, parent, friend or neighbor, in-home or in a nursing home setting, this class will provide valuable tools and insights to help you manage and maintain your own wellbeing.

Six Weekly Sessions - Tuesday's 9:30 to Noon
Starting September 28, 2021

Class Location: Wright County Community Action
130 W. Division St.
Maple Lake, MN 55358

**Register by contacting Eric Nagel or Mel Flanum at
(320) 963-6500 or email enagel@wccaweb.com**

**\$40 for
series.**

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