

Powerful Tools **FOR** Caregivers

Caregiving can be a challenge,
but it's easier when you're prepared.



What is Powerful Tools for Caregivers? Powerful Tools for Caregivers is a class series that supports caregivers in taking care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. Six classes held once a week are led by experienced class leaders. Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources.

This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

**Each Friday Oct. 10th thru Nov. 14th
10 a.m. til 11:30 a.m.**

Location for the class is: Senior Resources of Guilford
1401 Benjamin Parkway, Greensboro NC 27408

Unfortunately, respite care **will not** be provided.
To register or for questions: caregiver2@senior-resources-guilford.org or call
336.373.4816 ext. 240

