

Powerful Tools for Caregivers



Learn strategies.
Reduce stress.
Enhance quality of life
for you and your loved
one.
Attend this valuable
6-session workshop!

Tuesdays, Oct. 10 - Nov. 14, 2017
1:30 pm - 3:00 pm
Community Action Partnership
124 New 6th St. Lewiston, ID
Conference Room A

Are you stressed by caregiving?

Learn strategies to reduce stress, communicate well, and navigate family dynamics while making tough decisions. Build confidence in your decisions as you learn effective problem solving skills and connect with helpful resources. Learn to give yourself credit, not guilt. You don't have to do it alone.

Powerful Tools for Caregivers is an award-winning program that has helped thousands of family caregivers.

Registration is required. Class size is limited. Deadline to register is Tuesday Oct. 3rd.



For more information, or to register
(208)743-5580