

Powerful Tools for Caregivers



A 6-part workshop series designed to help family caregivers find balance while caring for a loved one.

Learn to:

- * Reduce stress
- * Make tough decisions
- * Navigate family dynamics
- * Connect with resources

Thursdays, Oct 5 - Nov 9, 2017

1:00 - 3:30 pm

YMCA Healthy Living Center

419 N. 11th Street, Boise

**New, creative respite programming provided on-site.
Learning to live well ~ Empowering the whole family**

For Caregivers:

- Learn over 50 tools to add to your toolbox
- Small class setting
- Connect with other caregivers
- On-site respite for your loved one

For Care Recipients:

- Safe and welcoming environment
- Qualified staff and volunteers
- Activities to increase functional independence
- Fun opportunities to socialize!

Registration is \$65. Scholarships available!

For more information,
or to register
call **208- 333-1363**
x 4283



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