Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

The classes give you tools to help:
- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources

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

In the class, caregivers receive The Caregiver Helpbook, which follows the curriculum and provides additional tools to address specific caregiver issues.

Lower Savannah Council of Governments will be hosting a class via Zoom (a video conferencing platform) each Tuesday from Feb. 16 through Mar. 30. The classes will be from 2-3:30 p.m. It is free! If you would like more information or would like to sign up for the class, you can call Alanna Berrie at 803-508-7098 or email at aberrie@lscoq.org.

*Space is limited*

"After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me...and a healthier ‘us’!"

- PTC Class Participant

Powerful Tools for Caregivers (PTC) is a 501(c)(3) nonprofit. The PTC national office in Portland, OR supports caregivers, Class Leaders, and Master Trainers in the US, Canada, and Korea.