

Powerful Tools for Caregivers is a 6-week class series designed to help family caregivers take better care of themselves while caring for a family member or friend. During the course, caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate their need to family members and healthcare and service providers; communicate more effectively in challenging situations; recognize the messages in their emotions, deal with difficult feeling; and make tough caregiving decisions.