

POWERFUL TOOLS FOR CAREGIVERS

MUST-ATTEND WEBINAR
SPACES GOING QUICKLY!

SIX-WEEK ONLINE TRAINING COURSE
**FOCUSING ON THE
WELL-BEING OF CAREGIVERS.**

THURSDAYS,
FEBRUARY 29 - APRIL 4, 2024
1pm - 3pm on Zoom



LEARN HOW TO:

- Reduce stress, guilt, anger, and depression.
- Manage goals, set times, and solve problems.
- Communicate effectively.
- Find community resources.



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING

To register, call:
(360) 427-2226 (ext. 253)

**Limited to unpaid caregivers at this time.*