

# 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.*