



LEWIS-MASON-THURSTON  
AREA AGENCY ON AGING

# POWERFUL TOOLS FOR CAREGIVERS

## The Skills to Take Care of Yourself

Caring for someone living with dementia, cancer, Parkinson's or any other life-changing chronic condition can be physically, emotionally, and financially draining.

If you provide a helping hand or supportive shoulder as a choice of the heart, this free six-week online training course is for you!

### Unpaid caregivers will learn how to:

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

### Join our next session!

- September 25-October 30, 2024
- Live, six-week virtual experience on Zoom
- Wednesdays from 1 p.m. to 3 p.m.
- Open to Lewis, Mason & Thurston County Residents

RSVP AT 360-427-2226, EXT. 253

