



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.

Powerful Tools for Caregiving focuses on the well-being of caregivers, which can include family, friends, neighbors, and more.

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.



INTERESTED IN JOINING AN UPCOMING SESSION?  
CALL US AT 360-427-2226, EXT. 253