

# Powerful Tools for *Caregivers*

[www.powerfultoolsforcaregivers.org](http://www.powerfultoolsforcaregivers.org)

*Are you struggling to  
balance life with  
caregiving for a  
loved one?*

**Classes offered every  
spring and fall.**  
*Call for a schedule*

**585-335-4358 or email:  
[caregiver@noyeshealth.org](mailto:caregiver@noyeshealth.org)**

***\$20 suggested donation.***

*A companion volunteer may be available to  
stay with your loved one so you can attend.*



This **six-week** educational program is for family and friends who are caring for older adults suffering with long-term illnesses. The class provides the skills and confidence you need to better care for yourself while caring for others. **Tools to help you:**

- Better manage personal stress
- Change negative self-talk
- Communicate needs more effectively to family members and medical professionals
- Deal with difficult feelings and make tough caregiving decisions.

Class participants also receive a copy of [\*The Caregiver Helpbook\*](#), developed specifically for the class.

***A researched based program...YOU  
are not alone!***



[www.noyes-health.org](http://www.noyes-health.org)

*Sponsored by Livingston County Office for Aging and UR| Noyes Caregiver Resource Center.*