



# Feeling Stretched Caring for a Loved one?



Powerful Tools for Caregivers is a class with six sessions designed to provide you with the skills you need to take care of **yourself**.

*When you take care of yourself, everyone benefits!*

Powerful Tools for Caregivers will help you:

- Reduce stress
- Improve self-confidence
- Balance your life
- Better communicate your feelings
- Increase your ability to make tough decisions
- Learn to locate helpful resources

If your busy schedule requires flexible attendance – not to worry - -come when you can! The cost is \$45 and includes all six sessions, books and materials. The classes will be held from 3:30-5:00 p.m. at Tubman Chrysalis Center, 4432 Chicago Avenue South in Minneapolis. Registration form and details are noted below.

Schedule	Topic	Dates
Session 1	Taking Care of Yourself	Wednesday, January 11
Session 2	Identify and Reduce Personal Stress	Wednesday, January 18
Session 3	Communicating Feelings/Needs/Concerns	Wednesday, January 25
Session 4	Communicating in Challenging Situations	Wednesday, February 1
Session 5	Learning from Our Endeavors	Wednesday, February 8
Session 6	Mastering Caregiving Decisions	Wednesday, February 15

This event is a collaboration between Tubman Elder Care & Rights Center and Southeast Seniors.

## Questions? Contact

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<p><b>Register by Mail:</b> Tubman Elder Care &amp; Rights Center 4432 Chicago Avenue South Minneapolis, MN 55407</p>	<p><b>Register by Fax:</b> (651) 770-5506</p> <p><b>Questions?</b> (651) 789-6751</p>	<p><b>Make Checks Payable to:</b> Tubman</p> <p><b>Pay by Credit Card:</b> (651) 789-6750</p>
<p>Contact Name: _____</p> <p>Address: _____</p> <p>Phone: _____ Email: _____</p> <p>Number Attending: _____ x \$45/Person = \$ _____</p> <p>Payment Method: _____ Check _____ Money Order _____ Credit Card: Call (651) 789-6750</p>		