

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

The Powerful Tools for Caregivers Program improves:

- Self-Care Behaviors: (increased exercise, use of relaxation techniques and medical check-ups)
- Management of Emotions: (reduced guilt, anger, and depression)
- Self-efficacy (increased confidence in coping with caregiving demands)
- Use of Community Resources: (increased utilization of community services)

"After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me... and a healthier 'us'!"

~Powerful Tools Participant

Location:

Workshops are held throughout Oakland, Macomb, & Washtenaw!

See the reverse side for dates and locations close to you!

Cost:

\$25
(suggested donation)

Includes participant book

Refreshments will be provided

Space is limited to 12 people per workshop

Registration Required

**For more information or to register
Contact: 248-262-9956 or
wellnessprograms@aaa1b.com**

**Area
Agency on
Aging 1-B**
Advocacy • Action • Answers on Aging

Powerful Tools for Caregivers

Workshops for 2017

OAKLAND COUNTY

Madison Heights Senior Center

29448 John R Rd., Madison Heights, MI 48071

Fridays – 1:00 pm – 2:30 pm

1/13/17 – 2/17/17

Troy Senior Center

3179 Livernois, Troy, MI 48083

Mondays – 10:00 am – 11:30 pm

1/23/17 – 2/27/17

West Bloomfield Parks & Recreation

4640 Walnut Lake Rd., West Bloomfield, MI 480323

Fridays – 1:00 pm – 2:30 pm

3/3/17 – 4/7/17

MACOMB COUNTY

Sterling Heights Senior Center

40200 Utica Rd., Sterling Heights, MI 48083

Thursdays – 10:00 am – 11:30 am

5/4/17 – 6/8/17

WASHTENAW COUNTY

Ypsilanti District Library

5577 Whittaker Rd, Ypsilanti, MI 48197

Wednesdays – 10:00 am – 11:30 pm

4/19/17 – 5/24/17