

# Powerful Tools FOR Caregivers



Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. By taking care of your own health and well-being, you become a better caregiver. Each participant will receive a copy of the Caregiver Helpbook.

## This class will give you the tools to help:

- Reduce Stress
- Improve Self-Confidence
- Manage Time, Set Goals, and Solve Problems
- Better Communicate Their Feelings
- Make Tough Decisions
- Locate Helpful Resources

### Location:

Oshkiimaajitahdah, Makwa Room  
15525 Mendota Avenue, Redby, MN

### Date:

Mondays April 14th, 21st, and 28th

### Time:

9:00am - Noon

This class will be facilitated by Karen Bedeau of Northwoods Caregivers. Please call Karen at 218-333-8098 to register for the class.

