

Powerful Tools for Caregivers



Caregivers, you are essential!

Are you taking care of an adult relative, partner, friend or parent? Powerful Tools for Caregivers is a 6-week workshop that gives you the skills to take care of yourself while caring for someone else. By taking care of your own health and wellbeing, you become a better caregiver. We hope you walk away feeling refreshed and more confident in your role. Let us help you put life back in your life. All participants will receive a copy of *The Caregivers Handbook*.

This program will help caregivers improve:



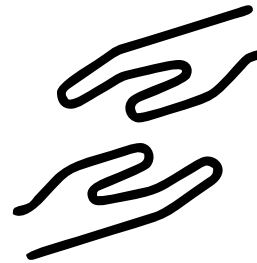
Emotional Management

Reduce guilt, anger and depression



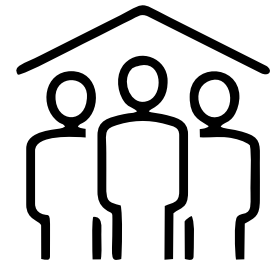
Self Confidence

Increase confidence and coping with daily demands



Self-Care Behaviors

Increase exercise, relaxation and medical check-ups



Community Resources

Increase use of local resources

Join us Tuesdays, February 27-April 9

Sessions will be from 3 to 4:30 p.m.

via Zoom

To register, visit <http://tinyurl.com/SanfordPTCs24>

Questions? Call (775) 784-4774 or email wellness.sca@unr.edu

