

Are you caring for an aging loved one?
Let us help you care for you!

By attending the six-week *Powerful Tools for Caregivers* class, you will learn how to:

- Reduce personal stress
- Improve self-confidence
- Balance commitments
- Make tough decisions
- Communicate your needs to family members and service providers
- Deal with difficult feelings and challenging situations
- Learn about community resources
- Take better care of your family member
- Take better care of yourself

Local Contact Info:

POWERFUL TOOLS *for* **Caregivers**

*An Educational
Program for
Family Caregivers*



**MONTANA
STATE UNIVERSITY**

EXTENSION