



Powerful Tools for Caregivers

Enabling caregivers to develop their own box of self-care tools

Powerful Tools for Caregivers is a six week educational program designed to help take care of you while you are caring for a relative, friend, or loved one. 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 educational programs meets once a week for six weeks and covers the following topics:

- Week 1: Taking Care of You
- Week 2: Identifying and Reducing Stress
- Week 3: Communicating Feelings, Needs, and Concern
- Week 4: Communicating in Challenging Situations
- Week 5: Learning from our Emotion
- Week 6: Mastering Caregiving Decisions

Cost: The Program is provided at no cost by Coastline.

Care for your care receiver may be available during your participation in the program. For more information or to register for classes, please call Stephanie Gibson at 508-742-9186 or email her at sgibson@coastlinenb.org.

Note: This program does not focus on specific diseases or hands-on caregiving for the care receiver.
THESE WORKSHOPS ARE NOT INTENDED FOR PROFESSIONALS

Location	Date	Time
Brandon Woods of Dartmouth 567 Dartmouth St. S. Dartmouth, MA 02747	4/1/2015 – 5/6/2015 Wednesdays	4:30pm-6pm