

Powerful Tools for Caregivers

They depend on you....

Give yourself the tools to succeed.



This 6-week **in-person** workshop will help anyone caring for an older friend or a relative, whether it's at home, in a nursing home or across the country. **Powerful Tools for Caregiving** is an evidence-based program that helps you develop a wealth of tools to:

- reduce stress
- change negative self-talk
- communicate more effectively
- recognize the messages in emotions
- make tough caregiving decisions

Workshop Fee is \$ by donation, additional cost for workbook, (*financial assistance available for those who qualify*).

Funded in part by the SEMN Area Agency on Aging.

Tuesday March 3– April 7, 2026

1:00-2:30pm

at Elder Network

1130 1/2 7th St NW, Suite 205

Rochester, MN 55901

Class size is limited. Respite care may be available with advanced notice.

Registration is required by Feb 24th.

For more information, call

507-285-5272

Elder Network Services are available to all eligible persons regardless of race, color, sex, religion, disability or national origin. Elder Network is a nonprofit organization.

