

# Affordable Caregiver Workshop

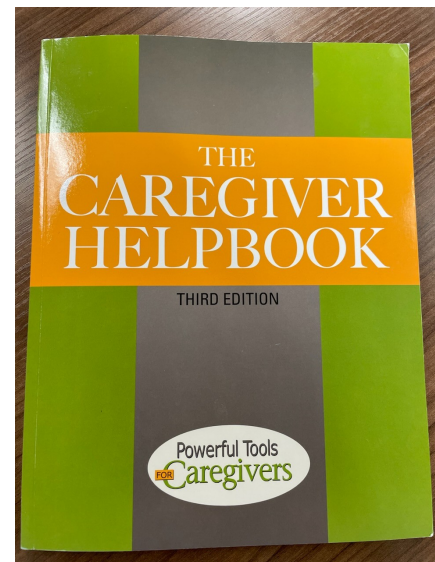
## Powerful Tools for Caregivers

This 6-week workshop will help anyone caring for an older friend, relative-whether it's at home, in a nursing home or across the country. Trained staff and volunteers lead these workshops. Participants will receive a caregiver workbook and the workshop consists of six 1.5-hour sessions. **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

### Future Sessions for 2026:

Date	Time	Location
Wednesday's May 6th-June 10th	6-7:30pm	Virtual
Wednesday's July 1st-Aug. 5th	10-11:30am	In-person Location TBD
Tuesday's Oct. 6th-Nov. 10th	6-7:30pm	Virtual



Class size is limited and **registration is required.** Scholarships are available. For more information, or to learn about upcoming workshops, contact:

**Elder Network**  
1130 ½ 7<sup>th</sup> St. NW, #205  
Rochester, MN 55901  
**507-285-5272**