

Powerful Tools for Caregivers

for Caregivers of Adults with Chronic Conditions



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 Caregivers** 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: Wednesday's July 1st - Aug. 5th

Time: 10-11:30am

Location: In-person at Three Rivers Community Action

1414 NorthStar Dr, Zumbrota, MN 55992

Date: Tuesday's Oct. 6th - Nov. 10th

Time: 6-7:30pm

Location: Virtual

Class size is limited and **registration is required.** Workbook has a minimal cost. Class cost is by donation. For more information, or to learn about upcoming workshops, contact:

Elder Network
1130 ½ 7th St. NW, #205
Rochester, MN 55901
507-285-5272



Powerful Tools for Caregivers is an Iowa State University-owned program delivered locally by Elder Network.