

# Powerful Tools for Caregivers

A class for family caregivers



*Powerful Tools for Caregivers* is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. 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.

This class series meets once a week for six weeks. **Class size is limited, and registration is required.**

<u>Dates:</u>	Tuesdays, April 13th – May 18th, 2021
<u>Times:</u>	10:00 AM – 11:30 AM
<u>Location:</u>	Virtual via Zoom (details shared after registration)
<u>To register:</u>	Contact Julia Griffin at 910-798-6402 or <a href="mailto:jgriffin@nhcgov.com">jgriffin@nhcgov.com</a>
<u>Cost:</u>	Free for caregivers (opportunity to contribute to cost if so inclined)

