

Powerful Tools FOR Caregivers

Caregiving is rewarding, but can also be stressful – physically, emotionally, and financially. Join us for FREE support that offers a 6-week workshop on self-care! These classes are designed to provide you, the caregiver, with the skills to take care of yourself. Classes will teach you to reduce your stress, improve your self-confidence, balance your life, better communicate your feelings, increase your ability to make tough decisions, and locate helpful resources.

Cost: FREE, must be a caregiver

When: Six weekly sessions on Tuesday mornings, 9 to 11, September 15 through October 20

Where: Via Zoom internet link which will be provided at registration

Register Now: Call (360) 698-5883 to register by September 9

“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the things which you think you cannot do.” — Eleanor Roosevelt

www.powerfultoolsforcaregivers.org

Sponsored by Kitsap County Aging and Long-Term Care