

Powerful Tools for *Caregivers*

Powerful Tools for Caregivers is a class with six sessions designed to provide you with the skills you need to take care of yourself.

Powerful Tools for Caregivers will help you:

- Reduce stress
- Improve self-confidence
- Balance your life
- Better communicate your feelings
- Increase ability to make tough decisions
- Learn to locate helpful resources



Cost is **\$45.00** and includes all six sessions, books and materials. Registration form and details are noted below. Please register by Wednesday, **September 25th, 2019**.

Space is limited to 15 participants, so please register early to ensure your spot.

Schedule	Topic	– Wednesdays – 6:00 p.m. - 7:30 p.m.
Week 1	Taking Care of Yourself	October 2nd, 2019
Week 2	Identify and Reduce Personal Stress	October 16th, 2019
Week 3	Communicating Feelings/Needs/Concerns	October 23rd, 2019
Week 4	Communicating in Challenging Situations	October 30th, 2019
Week 5	Learning from Our Emotions	November 6th, 2019
Week 6	Mastering Caregiving Decisions	November 13th, 2019

Funding for the Family Caregiver Connection is provided by Anoka County and Federal Title III-E funding through the Metropolitan Area Agency on Aging.



**Anoka County Government Center
2100 3rd Ave Room 522
Anoka, MN 55434**



Class is co-facilitated by Jill Agyekum, Anoka County Family Caregiver Connection, Program Coordinator and Kelsey Fuglsby, Anoka County Family Caregiver Connection, Caregiver Support Specialist

Questions?

Contact Jill Agyekum at 763-324-1608 or email Jill at Jill.Agyekum@co.anoka.mn.us

POWERFUL TOOLS FOR CAREGIVERS REGISTRATION FORM

REGISTER BY MAIL:

Mail completed registration form and payment to:
Anoka County Family Caregiver Connection
Attn: Sarah Carda
2100 3rd Ave Suite 500
Anoka, MN 55303

REGISTER BY PHONE OR EMAIL:

Jill Agyekum at 763-324-1608
Jill.Agyekum@co.anoka.mn.us

Contact Name: _____

Address: _____

Phone: _____ Email: _____

Number Attending: _____ x \$45.00/person = \$ _____

Method of Payment: Check Money Order

Please make checks payable to Family Caregiver Connection

Session: October 2nd—November 13th