

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 **Thursday June 4th, 2020**.

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

Schedule	Topic	–Thursdays– 6:00 p.m. - 7:30 p.m.
Week 1	Taking Care of Yourself	June 11th, 2020
Week 2	Identify and Reduce Personal Stress	June 18th, 2020
Week 3	Communicating Feelings/Needs/Concerns	June 25th, 2020
Week 4	Communicating in Challenging Situations	July 2nd, 2020
Week 5	Learning from Our Emotions	July 9th, 2020
Week 6	Mastering Caregiving Decisions	July 16th, 2020

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



Class location:

**Anoka County Government Center
2100 3rd Ave Room 522
Anoka MN, 55303**



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: June 11th-July 16th, 2020