

Powerful Tools for *Caregivers*

Feeling stretched
caring for a loved one?

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



Cost is **\$45.00** and includes all six sessions, books and materials. Registration form and details are noted below. Please register by Wednesday, **September 26, 2017**. Register early as space is limited.

Schedule	Topic	
		Rum River Human Service Center Building #9—Library 3300 4th Ave N Anoka, MN 55303 — Tuesdays — 10:30 a.m. - 12:00 p.m.
Week 1	Taking Care of Yourself	October 3, 2017
Week 2	Identify and Reduce Personal Stress	October 10, 2017
Week 3	Communicating Feelings/Needs/Concerns	October 17, 2017
Week 4	Communicating in Challenging Situations	October 24, 2017
Week 5	Learning from Our Emotions	October 31, 2017
Week 6	Mastering Caregiving Decisions	November 7, 2017



FAMILY CAREGIVER CONNECTION



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 is co-facilitated by Jill Agyekum, Anoka County Family Caregiver Connection Coordinator and Kelsey Fuglsby, Anoka County Family Caregiver Connection 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: Lynda Keenan 3300 4th Ave N—Rum River, Building 9 Anoka, MN 55303	or	REGISTER BY FAX: Fax completed form to: Family Caregiver Connection 763-712-2314
Contact Name: _____		
Address: _____		
Phone: _____ Email: _____		
Number Attending: _____ x \$45.00/person = \$ _____		
Method of Payment: <input type="checkbox"/> Check <input type="checkbox"/> Money Order		
<i>Please make checks payable to Family Caregiver Connection</i>		