

Powerful Tools for Caregivers



- Learn strategies.
- Reduce stress.
- Enhance quality of life for you and your loved one.
- Attend this VIRTUAL valuable 6-session workshop!

**Wednesdays, March 24 to April 28, 2021
1:00 to 2:30 p.m.**

A virtual program for family caregivers in North Idaho.

Join from home via Zoom video conferencing.

Call P.J. Christo at (208) 666-2996 to register and receive the access link.

Are you stressed by caregiving?

Learn strategies to reduce stress, communicate well, and navigate family dynamics while making tough decisions. Build confidence in your decisions as you learn effective problem-solving skills and connect with helpful resources. Learn to give yourself credit, not guilt. You don't have to do it alone.

Presented free of charge, Powerful Tools for Caregivers is an award-winning program that has helped thousands of family caregivers.

Registration is mandatory. Class size is limited.

**For more information
or to register
phone (208) 666-2996**

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