

# Powerful Tools FOR Caregivers

A Class for Family Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

This class series meets once a week for six weeks.  
**Class size is limited, and registration is required.**

**DATES:** May 16, 2023 - June 20, 2023

**LOCATION:** NEMCSA Main Building  
2569 US-23 South  
Alpena, MI 49707

**TIME:** 9:30 a.m. - 11:30 a.m.

**TO REGISTER:** Call 989.358.4616  
Email [mainvilleb@nemcsa.org](mailto:mainvilleb@nemcsa.org)

**This class will give you tools to:**

- Reduce stress
- Communicate effectively with other family members, your doctor, and providers
- Self-care
- Reduce guilt, anger, and depression
- Help with relaxation
- Make tough decisions
- Set goals and problem-solve

