



CAREGIVING IS REWARDING BUT CAN BE STRESSFUL, TOO

Attend a free 6-week virtual workshop to help

POWERFUL TOOLS FOR CAREGIVERS will benefit you whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home, or across the country. This workshop focuses on **self-care** for you, the caregiver. The workshop will not focus on specific diseases or hands-on care.

In this workshop, learn how to:

- Take care of yourself
- Reduce stress and help you relax
- Make tough decisions
- Reduce guilt, anger, and depression
- Communicate effectively
- Work with family, providers, and care staff
- Set goals and problem-solve, and more!



POWERFUL TOOLS FOR CAREGIVERS WORKSHOP VIA ZOOM

Tuesday Mornings **May 3– June 7, 2022** **9:30 am – 12:00 pm**
TO REGISTER, CALL: 2-1-1 or email upcapinfo@upcap.org

Tuesday Afternoons **May 3 – June 7, 2022** **5:30 pm – 7:00 pm**
TO REGISTER, CALL: 2-1-1 or email upcapinfo@upcap.org

Wednesday Mornings **May 11 – June 15, 2022** **10:00 am – 11:30 am**
TO REGISTER, CALL: 2-1-1 or email upcapinfo@upcap.org

Thursday Mornings **May 19 – June 23, 2022** **11:00 am – 12:30 pm GoToMeetings**
TO REGISTER, CALL: 2-1-1 or email upcapinfo@upcap.org

