



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.

Each course consists of consecutive weekly sessions. Participants receive a copy of *The Caregiver Helpbook*.. Refreshments provided. Donations are accepted to defray the cost of the course, but not required to attend.

Dates: **Thursdays, August 24- September 28, 2017**

Times: **2:00pm– 4:00pm**

Location: **Mt. Zion Baptist Church**
1301 Alamance Church Rd, Greensboro, NC 27406

To register: **Contact Christianna Taylor at Senior Resources of Guilford by Monday August 21, 2017 at (336) 373-4816**
Space is limited. Registration is required.



**Caregiver
Connect**

North Carolina Family Caregiver Support Program
Completing the Care