

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is an ONLINE course designed to provide you, the family caregiver, with the skills you need to make you an even better, less stressed caregiver. Six 90-minute class sessions, held once a week, are led by certified class facilitators.



When you take care of yourself, everyone benefits.

Tuesdays, October 3 - November 14
(we will not meet on Halloween)

6:30-8:00 p.m.

Live ONLINE via ZOOM

Zoom link will be sent via e-mail after registering

Register online:

<https://connectionsaaa.tiny.us/PT23>



The Caregiver Helpbook and handouts will be mailed.

Required equipment: computer/laptop with microphone & camera.
An optional Zoom practice session will be scheduled, if needed.
Don't have a computer/laptop/tablet, contact us for options.



Questions?
Chris Kuchta
ckuchta@connectionsaaa.org
800.432.9209 Ext. 8213