



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 feelings of guilt, anger, and depression
- Communicate effectively
- Work with family, providers, and care staff
- Set goals and problem-solve, and more!



UPCOMING WORKSHOP

The Peoples Church
200 W. Grand River Ave.—East Lansing
Meet in the Robertson Room
Tuesdays, July 19 – August 23, 2022
1:30 – 4:00 pm



COVID Considerations: Limited to 12 participants. Masks recommended. Additional spacing between participants. Do not attend if you aren't feeling well, have COVID, or have been exposed to COVID.

Workshop is free of charge, but donations accepted.

To register, call Tri-County Office on Aging at 517-887-1465

For a full workshop schedule visit: <https://www.tcoa.org/classesevidence-based-programs/>