

# Powerful Tools for *Caregivers*

Caring for an older relative or friend with a chronic illness such as dementia, heart disease, Parkinson's disease or stroke can be stressful physically, emotionally and financially. Powerful Tools for Caregivers is an educational program designed to provide you with the tools you need to take care of yourself.



You Will Learn To: Reduce stress; Improve self-confidence; Better communicate your feelings; Increase your ability to make tough decisions; Locate helpful resources; Balance your life.

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



Balance  
Your Life

Upcoming Class  
**Wednesdays, Jan.18-Feb.22**

10-00 am-12:00 noon  
Senior Services  
2895 Shorefair Drive  
*Free respite care available  
at Williams Day Center*

Reduce  
Stress

*"This class has made a significant turn in my caretaking capabilities & attitude."  
"This class is the best gift you can give yourself and your care receiver."  
- past participants*

For additional information, see [www.powerfultoolsforcaregivers.org](http://www.powerfultoolsforcaregivers.org)



Family Caregiver  
Support Program



The Shepherd's Center  
of Greater Winston-Salem



Hospice & Palliative  
CARE CENTER



DAYBreak  
Centenary Group Respite Care



SENIOR SERVICES  
Helping Our Elderly Live With Dignity

To Register for any of the above courses, contact:  
Linda Lewis  
The Shepherd's Center of Greater Winston-Salem  
(336) 748-0217.  
Registration is Required! Space is Limited.