



Senior Care Network presents:

Powerful Tools for Caregivers

This free online series meets via Zoom.

The next series is scheduled:

Fridays, August 2 – September 6, 2024

10 – 11:30 a.m.

This class is to help family caregivers take care of themselves while caring for an older relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, or someone who lives at home, in a nursing home or across the country.

Help reduce stress

Take care of yourself

Make tough decisions

Reduce guilt, anger
and depression

Help to relax

Set goals and
problem-solve

Build communication skills

Advance registration is required as class size is limited. A Powerful Tools for Caregivers help book is required and can be available for purchase. For more information and to register, please contact Huntington Senior Care Network at (626) 397-8135.