POWERSFUL TOOLS FOR CAREGIVERS
A class for family caregivers

"I really did enjoy the class and learned much more about caregiving than I have in the 5 years I have been doing it. I liked the size of the group and the presentation of information, ideas and suggestions."

~Caregiver from Rhode Island

SIX THURSDAYS
November 2, 2017 - December 14, 2017
Time: 10:00 AM - 11:30 AM
*Please note class will not meet on Nov. 23
Program Location: Bliss Properties
245 Waterman Street, Suite 506
Providence, RI 02906

Are you a caregiver providing assistance to a relative or friend?
Please join us for a free-of-charge, award-winning education program that has helped more than 70,000 family caregivers. Our series of six classes will help you:

• Reduce stress
• Communicate effectively with other family members, doctor, etc…
• Take care of yourself
• Reduce guilt, anger, and depression
• Relax
• Make tough decisions
• Set goals and problem-solve

This program was developed in Portland, OR and has been shown to improve:

• Self-Care Behaviors
• Management of Emotions (reduced guilt, anger, and depression)
• Self-efficacy (increased confidence in coping with caregiving demands)
• Use of Community Resources

For more information or to pre-register please call or email by October 30 to Michelle La France: 401-421-0008 or mlafrance@alz.org

Sponsored by:

The Alzheimer's Association, RI Chapter
245 Waterman Street, Suite 306
Providence, RI 02906
1-800-272-3900 ~ www.alz.org/ri

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