



Powerful Tools for Caregivers

A class for family caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country. This class series meets once a week for six weeks. **Class size is limited, and registration is required.**

This class will give YOU, the family caregiver, tools to: reduce stress, communicate effectively with others, take care of yourself, reduce guilt, anger and depression, make tough decisions, set goals and problem solve.

<i>Class Location</i>	<i>Class Dates and Times</i>	<i>Call to Register</i>
Healthwise, Inc. 2601 N. Bogus Basin Road Boise	September 15 – October 20, 2009 Tuesdays Noon – 1:30 pm	208-333-1363
First Presbyterian Church 950 W. State Street Boise	September 12-October 17, 2009 Saturdays 9:30 am – noon	208-333-1363
AARP 3080 E. Gentry Way, Suite 100 Meridian	October 7 – November 11 Wednesdays 4:30 - 6:00 pm	208-333-1363
AARP 3080 E. Gentry Way, Suite 100 Meridian	October 8 – November 12 Thursdays 9:00 – 11:30 am	208-333-1363

**Some classes have a registration fee. Scholarships are available.*

Our thanks to Healthwise, First Presbyterian Church of Boise, and AARP for their support.

Let us help you attend these classes!
Respite care is available through *Friends in Action's* trained volunteers.

“After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me....and a healthier ‘us!’”

Peggy, Caregiver to her mother who has Alzheimer’s Disease.

Friends in Action is a non-profit, collaborative organization dedicated to sustaining quality of life, dignity, and independence for older persons and their families through education and volunteerism.

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www.fiaboise.org