



# Powerful Tools for Caregivers

## A class for family caregivers

**Powerful Tools for Caregivers** is an education program 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 will give **YOU**, the family caregiver, tools to: reduce stress, improve confidence, communicate effectively with others, take care of yourself, reduce guilt, make tough decisions, set goals and problem solve. You will also receive the award-winning *Caregiver Helpbook* and other valuable materials.

Classes consist of six consecutive sessions held once per week. Interactive lessons, discussions and brainstorming help you take the “tools” you choose and put them into action in your life.

**Class size is limited, and advance registration is required. Registration is \$60. Scholarships are available. Please call Friends in Action to register: 333-1363.**

<i>Class Location</i>	<i>Class Dates and Times</i>	<i>Call to Register</i>
AARP 3080 E. Gentry Way, Suite 100 Meridian	February 3 through March 10 Wednesdays 1:30 – 3:00 pm	208-333-1363
AARP 3080 E. Gentry Way, Suite 100 Meridian	February 11 through March 18 Thursdays 9:30 am – noon	208-333-1363
AARP 3080 E. Gentry Way, Suite 100 Meridian	March 16 through April 20 Tuesdays 9:30 am - noon	208-333-1363

If you are not able to attend one of these classes, additional classes will be scheduled throughout 2010.

Many thanks to AARP for their generous support of the Powerful Tools for Caregivers Program.



Recent class participants are saying:

*“I am more positive and patient.”*

*“I am a more confident caregiver and I feel better about myself.”*

*“I learned so many tools that I can use in every area of my life.”*

**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.**

**P.O. Box 1516 701 W. Fort Street, Boise, ID 83701 208-333-1363 [www.fiaboise.org](http://www.fiaboise.org)**