

# Powerful Tools for Caregivers

## A program for family caregivers

***Powerful Tools for Caregivers*** is an educational program designed to help family caregivers thrive while caring for a relative or friend. You will benefit from this program 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; and set goals and problem solve.**

*The program has a \$60 registration fee. Scholarships are available. Please inquire at Friends in Action: 333-1363*

<b>Class Location</b>	<b>Class Dates and Times</b>	<b>Call to Register</b>
<b>Sage Community Resources 125 E. 50th St. Garden City, ID 83714</b>	<b>May 18 through June 22 Tuesdays 1:00 – 3:30 pm</b>	<b>208-333-1363</b>

*“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 collaborative organization dedicated to sustaining quality of life, dignity, and independence for older persons and their families through education and volunteerism.***

***Friends in Action is a program of the non-profit Mountain States Group, Inc.***

**1607 W. Jefferson Street, Boise, ID 83702 208-333-1363  
[www.fiaboise.org](http://www.fiaboise.org)**