



Stressed by Caregiving?

Family caregivers put their own needs last...risking their own well-being! Don't let this be **YOU!!!**

Enroll in a **Powerful Tools for Caregivers** workshop and learn to **THRIVE**, not just survive.

Learn lifelong strategies to help you:

- Take care of yourself
- Reduce stress
- Give yourself credit, not guilt
- Communicate successfully
- Make tough decisions
- Find resources in your community

Persons caring for a family member or friend are welcome.

If you help someone who is frail or living with a long term illness; if you are worried about someone's well-being; if you manage household chores, bills, appointments for a loved one; if you contribute to someone's care whether they live at home, in a nursing home, or across the country....**You are a family caregiver and this program can help!**

Classes meet weekly for six weeks. Classes are comfortable and friendly.

It's worth every minute! Participants build confidence and motivation, and learn to THRIVE while managing caregiving responsibilities. Powerful Tools for Caregivers is a nationally recognized education program.

To enroll: Call Friends in Action at 336-5533 ext. 282. Registration is \$60. Scholarships are available.

Class Location	Class Dates and Time
AARP 3080 E. Gentry Way, Suite 100 Meridian	Thursdays <u>February 2 through March 8</u> 9:30 am to noon
St. Alphonsus Regional Med. Ctr. Coughlin Conference Center Room #1 1055 N. Curtis Road Boise	Wednesdays <u>February 1 through March 7</u> 6:00 - 7:30 pm



Friends in Action is dedicated to supporting family caregivers.
1607 W. Jefferson Street Boise, ID 83702 208-333-1363 www.fiaboise.org
Friends in Action is a program of the non-profit Mountain States Group, Inc.