

Caregiver Educational Program 2019

Every Tuesday

January 8 – February 12

1:30 PM - 3:00 PM

Rolesville Chamber of
Commerce
200 E. Young Street
Rolesville, NC 27571

For more information or to
register, contact
Renee Myatt at
The Center for Volunteer
Caregiving
919-460-0567 or
rmyatt@ctrvolcare.org

All you need to do is
register, commit to care for
yourself, and attend each
session.



Powerful Tools for Caregivers

Learn how to handle stress, improve self-confidence, communicate better, improve your ability to make tough decisions, locate helpful resources and more.

Powerful Tools for Caregivers consists of six 90 minute sessions of practical training. The curriculum, ***Powerful Tools for Caregivers***, (www.powerfultoolsforcaregivers.org) is an award winning educational program that provides caregivers with tools and strategies to better cope with their unique challenges.

Classes are conducted by professionals from The Center for Volunteer Caregiving. There is no charge for the sessions; however, a consumer contribution is welcomed to defray the cost of providing the class.

The Powerful Tools for Caregivers course will enroll **12 participants**. Registration is on a first come, first served basis. If care for a loved one during the class is a problem, please let us know. Please note this program is not open to professionals nor paid caregivers.