

## Caregiver Educational Program 2020

Meeting every Monday  
starting Oct. 12, and  
ending Nov. 16, 2020  
6:30 - 8:00 PM

*This class is free  
for family caregivers*

To participate, you will need a computer or iPad with audio and video. If you've never used Webex or Zoom before, The Center's staff will work with you before the training to make sure you are comfortable with online meeting tools.

For more information or to register, contact  
Lisa Hoskins at  
The Center for Volunteer  
Caregiving  
919-460-0567 or  
lhoskins@ctrvolcare.org



### Powerful Tools for Caregivers - *Online Class*

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](http://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 voluntary consumer contribution is welcomed to defray the cost of providing the class.

The Powerful Tools for Caregivers course will enroll up to **14 participants**. Registration is on a first come, first served basis. If care for a loved one during the class is an issue, please let us know.

***NOTE: this program is open to only family caregivers; it is not designed for professionals or paid caregivers.***