

Caregiver Educational Program

2024

Every **Monday** for 6
consecutive weeks
April 8 - May 13, 2024
1:30 PM – 3:00 PM

***This class is free
for family caregivers***

*(Voluntary contributions welcomed
for the "Caregiver Helpbook")*

Northern Wake Sr. Center
235 E. Holding Avenue,
Wake Forest, NC 27587

[Click here](#) to **register** on
SignUpGenius OR contact:

Lisa Hoskins, LCSW at
The Center for Volunteer
Caregiving
919-460-0567 or
lhoskins@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 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 active family caregivers; it is not designed for professionals or paid caregivers.