Caregiver Educational Program 2026

Every Wednesday
October 14 – November 18, 2026
2:00 PM – 3:30 PM

This class is free for family caregivers
(Voluntary contributions welcomed for the Caregiver Helpbook)

First United Methodist Church of Cary
117 S. Academy St
Cary, NC 27511

To register or for more information contact:
Sofia Ouchou at The Center for Volunteer Caregiving
919-460-0567 or souchou@ctrvolcare.org

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

THE CENTER FOR VOLUNTEER CAREGIVING

Resources FOR SENIORS

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 only family caregivers; it is not designed for professionals or paid caregivers.