



Powerful Tools for Caregivers

Research studies show there are high rates of depression and anxiety among caregivers because they often feel they have no control over events. That feeling of powerlessness has a significant negative impact on caregivers' physical and emotional health.

This evidence-based workshop is designed to have positive impact on the health of a diverse group of caregivers, including adult children of aging parents, spouses/partners, caregivers at differing stages in their caregiving roles, living situations, financial, and educational backgrounds.

In the six weekly classes, caregivers learn self-care behaviors, how to manage emotions, increase self-efficacy and find community resources.

Topics Include:

- Taking Care of You
- Identifying and Reducing Personal Stress
- Communicating Feelings, Needs, and Concerns
- Communicating in Challenging Situations
- Learning From Our Emotions
- Mastering Caregiving Decisions

Sessions

Wednesdays, March 15, 2017 - April 19, 2017
1-3 p.m.

Lend A Hand
400 Utah St.
Boulder City, NV 89005

Call 702.294.2363 to enroll in this free program



Dignity Health
St. Rose Dominican

Powerful Tools
FOR Caregivers