

Powerful Tools for Kinship Caregivers



Who Takes Care of YOU?
A self-care class for family caregivers

Join us as we discuss how to:

- | Access valuable resources and connect with other caregivers
- | Reduce stress, guilt, anger and depression
- | Communicate effectively
- | Take care of yourself, relax, set goals and problem solve

Tuesday, February 28

10:00 am

Countryside YMCA

11699 Deerfield Road

Lebanon, Ohio 45036

Register:

kgale@beechacres.org

Class size limited to 15. Childcare Available Refreshments will be provided. Participants completing this FREE 6-week Powerful Tools for Caregivers class will receive The Caregiver Handbook and a Caregiver Journal at no cost (\$40 value).*

*Attend at least 4 of the 6 class sessions to receive the free books.

