

# Powerful Tools for Caregivers

## This 6-week series will help caregivers:

- Reduce stress
- Improve self-confidence
- Balance their life
- Better communicate their feelings
- Make tough decisions
- Locate helpful resources



**Mondays, 4/5/2021 to 5/10/2021**  
**Must attend all 6 sessions**

**1–3 pm**

To register contact:

Kristen Fleming, [kflem004@plattsburgh.edu](mailto:kflem004@plattsburgh.edu)  
Jodie Smith, [Jodie.Smith@dfa.state.ny.us](mailto:Jodie.Smith@dfa.state.ny.us)

(518)564-2049 OR  
(518)746-2342

Caregivers must have their own computer with webcam, microphone, and internet.

By taking care of your own health and well-being, you become a better caregiver. Six class sessions held once a week are led by experienced class leaders.

Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources.

*This program is sponsored in part by a grant from the NYS Dept. of Health and through Federal, State, and Local funds through the New York State Office for Aging. Offered in collaboration with the following programs:*



### Office for Aging and Disability Resource Center

383 Broadway - Fort Edward, NY 12828  
TELEPHONE: (518) 746-2420 or 1-800-848-3303  
FAX: (518) 746-2418 or 746-2571  
[www.co.washington.ny.us](http://www.co.washington.ny.us)



**NY Connects**  
Your Link to Long Term  
Services and Supports



### Alzheimer's Disease Caregiver Support Initiative

101 Broad St. Plattsburgh, NY 12901  
TELEPHONE: 1-800-388-0019  
[www.wehelpcaregivers.com](http://www.wehelpcaregivers.com)