

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



6 weeks, **Wednesdays, 1/18/2023-2/22/2023** 1:00-2:30 pm

Must attend all 6 virtual sessions

Orientation 1/11/2023 at 1 pm

To register contact: Kristen Osterhoudt

518-564-2049

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

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NYSCRC
New York State Caregiving & Respite Coalition

