



Powerful Tools FOR Caregivers

**A Virtual Online Class
for Family Caregivers**

**6 Tuesdays, January 19th- February 23rd
4 PM – 6 PM**

- Instructions on accessing the class will be provided to registered participants
- Internet access is required
- Participants will access the class using Microsoft Teams (a meeting app similar to Zoom)
- A short pre-class TEAMS orientation is required for those not familiar with the platform on January 12th @ 4pm

Free, registration required by January 11th

Care for yourself to provide better care for your loved one

Powerful Tools for Caregivers is an evidence-based educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Whether you are helping a parent, spouse, or friend, and regardless of where they live — at home, a nursing home or across the country — you will benefit from this class.

This class will cover- reducing stress, effective communication, self-care, reducing feelings of guilt, anger and depression, making tough decisions, setting goals and problem solving, and more.



**Presenters: Mindy Lohman-Hinz & Mary Collins,
Caregiver Program Coordinators
Frederick County Senior Services Division**

**To register: call 301-600-6001
email: mlohman@frederickcountymd.gov**