



FREDERICK COUNTY GOVERNMENT
DIVISION OF SENIOR SERVICES

Jan H. Gardner
County Executive

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News Release

FOR IMMEDIATE RELEASE:
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FREDERICK, Md. – Frederick County Senior Services Division will host six virtual classes to give caregivers an opportunity to learn new ways to provide care for themselves and their loved ones. Sessions will be held online weekly on Tuesdays, beginning January 19, 2021 through February 23, 2021, from 4-6 p.m.

Powerful Tools for Caregivers is an evidence-based educational program. Whether you are helping a parent, spouse, or friend, and regardless of where they live – at home, nursing home or across the country – you will benefit from this class. This program helps family caregivers reduce stress, improve self-confidence, better communicate feelings, create balance in their lives and helps improve their ability to make tough decisions, and locate helpful resources. Interactive lessons, discussions and brainstorming will help caregivers take the “tools” they choose and put them into action in their lives.

Presenters for this event are Mindy Lohman-Hinz and Mary Collins, Caregiver Program Coordinators for the Frederick County Senior Services Division.

This program is **free** and each participant will receive a book, ***The Caregiver Helpbook***, developed specifically for the class. The book, along with an information packet and class summaries, will be provided to each participant prior to the start of class. Registration is required and the deadline to register is January 12th. Space is limited to 12 participants maximum and is first come, first serve, so register ASAP.

To register, please call 301-600-6001 or email CaregiverSupport@FrederickCountyMD.gov. For more information please visit: www.FrederickCountyMD.gov/SeniorServices

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