

Powerful Tools FOR Caregivers

Church of St. Timothy's
707 89th Ave NE
Blaine, MN 55434



Powerful Tools for Caregivers is a class with six sessions designed to provide you with the skills you need to take care of yourself.

Powerful Tools for Caregivers will help you:

- Reduce stress
- Improve self-confidence
- Balance your life
- Better communicate your feelings
- Increase ability to make tough decisions
- Learn to locate helpful resources

Cost is **\$45** and includes all six sessions, books and materials. Registration form and details are noted below. Please register by Wednesday, **August 30, 2018**.

Space is limited to 15 participants; please register early to ensure your spot.

Schedule	Topic	– Fridays – 10 a.m. - 12 noon
Week 1	Taking Care of Yourself	September 7, 2018
Week 2	Identify and Reduce Personal Stress	September 14, 2018
Week 3	Communicating Feelings/Needs/Concerns	September 21, 2018
Week 4	Communicating in Challenging Situations	September 28, 2018
Week 5	Learning from Our Emotions	October 5, 2018
Week 6	Mastering Caregiving Decisions	October 12, 2018

This program is offered in partnership through:



Faith Community Nurse Program · Mercy Hospital - Unity Campus



FAMILY CAREGIVER CONNECTION



**Funding for the Family Caregiver Connection is provided by Anoka County and Federal Title III-E funding through the Metropolitan Area Agency on Aging.*

Class is co-facilitated by Jill Agyekum, Anoka County Family Caregiver Connection, Program Coordinator and Connie Kassing, Faith Community Nurse Program · Mercy Hospital - Unity Campus

Questions?

Contact Jill Agyekum at 763-324-1608 or email Jill at Jill.Agyekum@co.anoka.mn.us

POWERFUL TOOLS FOR CAREGIVERS REGISTRATION FORM

REGISTER BY MAIL:

Mail completed registration form and payment to:
Anoka County Family Caregiver Connection
Attn: Adam Hayden
2100 3rd Ave Suite 500
Anoka, MN 55303

or

REGISTER BY FAX:

Fax completed form to:
Family Caregiver Connection
763-324-3960

Contact Name: _____

Address: _____

Phone: _____ Email: _____

Number Attending: _____ x \$45/person = \$ _____

Method of Payment: ☐ Check

☐ Money Order

Please make checks payable to Family Caregiver Connection

Session: September 7 - October 12