



ONLINE

Powerful Tools for Caregivers

Wednesdays
October 13 - November 17
1 - 2:30 p.m.
(6 Wednesdays)

Are you a family caregiver?

Caregiving can add stress to our physical and emotional health. “Powerful Tools for Caregivers” is an educational program to help family caregivers learn to take care of themselves.

This interactive online workshop helps caregivers learn to:

- Reduce personal stress
- Change negative self-talk
- Communicate more effectively
- Handle different feelings
- Make challenging caregiving decisions

To register, call (603) 224-4093, ext. 5815 or visit www.granitevna.org/onlineprograms.

Please note that a camera and microphone is needed to complete the program. Once your registration is confirmed, you will receive a link to the program. Technical instruction is available to participate in the group.

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Branches in Laconia and Wolfeboro

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