

Powerful Tools for Caregivers

Are you caring for someone with a chronic illness such as dementia, heart disease, Parkinson's disease or stroke?

Caring for a loved-one can be stressful physically, emotionally and financially?

Powerful Tools for Caregivers, is a **FREE** six-week educational program designed to provide family caregivers with the tools you need to take care of yourself.

You will learn to:

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



The program consists of six, 90 minute classes held weekly.

Hosted by Cornerstone at Hampton



Dates: May 9, 16, 30 and June 13, 20, 27

Time: 1:00 - 2:30 PM

Location: 298 Exeter Road, Hampton, NH

Pre-registration is required by calling

Rockingham County ServiceLink at (603) 334-6594

