

Here is a caregiver's experience of this series:

*"There was a common bond.*

*We were all dealing with some of the same issues.*

*We shared our stories and learned ways to cope.*

*I learned that it was important to take care of me."*

— PTC Caregiver Class Participant



Thanks to our community partners



[azcaregiver.org](http://azcaregiver.org)



[fsl.org](http://fsl.org)



[pcoa.org](http://pcoa.org)

## Powerful Tools for Caregivers

*Feeling Stretched as a Caregiver? You are not alone.* Powerful Tools for Caregiving is an educational series designed to provide you with the tools you need to take care of yourself.

This program helps non-paid, family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful resources.

### Free Family Caregiver Training:

**Where:** Zoom online sessions

**When:** June 10, 17, 24 and July 1, 8, 15

**Time:** 1:00 – 3:00 pm (six Wednesdays)

Classes consist of six sessions held once a week.

Topics include:

Week 1 - Taking Care of You

Week 2 - Identifying and Reducing Personal Stress

Week 3 - Communicating Feelings, Needs, and Concerns

Week 4 - Communicating in Challenging Situations

Week 5 - Learning From our Emotions

Week 6 - Mastering Caregiving Decisions

Two experienced Class Leaders conduct the series. Interactive lessons, discussions and brainstorming will help you take the “tools” you choose and put them into action for your life.

You will receive a book, *The Caregiver Helpbook*, developed specifically for the class.

Classes will be FREE, thanks to support from the Arizona Caregiver Coalition.

A donation of \$30 to help defray the cost of the book is suggested, but not required to attend the class.

Reimbursement for respite is available for caregivers attending classes. Caregivers arrange their own respite and get a voucher for reimbursement. For details, call the Arizona Caregiver Coalition at 888-737-7494.

These classes are offered in a safe and confidential environment in which to share, develop friendships and build support for being a resilient caregiver.

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**For more information or to register in person, contact the Arizona Caregiver Coalition at 888-737-7494 or [crl@azcaregiver.org](mailto:crl@azcaregiver.org)**

**Class size is limited.  
Pre-registration is required.**

