

# Powerful Tools for Caregivers

Are you taking care of an adult relative, partner, friend or parent? We understand how difficult caregiving can be and the many challenges it holds. Powerful Tools for Caregivers gives you the skills to care for yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. We hope that by taking this 6-week workshop, caregivers will be able to better manage emotions, increase self-confidence and self-care behaviors, and use local resources.



*The best thing I got out of the workshop was a sense of community. Knowing there are others who face similar challenges, gives you hope to continue facing yours.*

- Paula, PTC Graduate



**Mondays, February 7 - March 14**

**1:30 - 3:00 p.m.**

2651 Paseo Verde Pkwy., Suite 180  
Henderson, NV 89074

**In- person or join via Zoom**

To join this FREE class, please call **702.616.4912**.



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