

# Powerful Tools for Caregivers

Genuine self-care is crucial for family caregivers caring for loved ones. In this **six-week virtual class** for unpaid family caregivers, participants will learn how to reduce personal stress, communicate their needs effectively in challenging situations, deal with difficult emotions and make tough care-giving decisions. Participants will also receive a copy of “The Caregiver Help-book,” developed specifically for the class. This free class meets once a week on Tuesdays for six weeks, and participants are asked to attend all classes.

**Tuesdays, March 21 - April 25, 2023**  
**10:00 a.m. - 12:00 p.m.**

*Virtual meetings (must have a computer or iPad with reliable internet, a camera, and audio).*

**Cost:** Free

**Facilitators:** Brenda Wolsey and Jesica Benitez

**Register:** Please contact Brenda Wolsey at **(206) 861-8790** or [bwolsey@jfsseattle.org](mailto:bwolsey@jfsseattle.org).

Advance registration is mandatory and class size is limited.

Please sign up for the class series by **Wednesday, March 15**.



“**After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me... and a healthier ‘us’!**”

*– past class participant*

