

Powerful Tools FOR Caregivers

6-WEEK COURSE TO EMPOWER CAREGIVERS

This six-week series of classes is geared towards caregivers of all backgrounds, at any stage of their caregiving role. Conducted by certified trainers, the weekly, 2-hour classes aim to educate caregivers and improve overall health and well-being.

Week 1 – Taking Care of You

Develop self-care tools in this course that focuses on you, the caregiver.

Week 2 – Identifying & Reducing Personal Stress

Learn the 4 steps for effective stress management.

Week 3 – Communicating Feelings, Needs & Concerns

Explore ways to communicate feelings, needs, and concerns effectively.

Week 4 – Communicating in Challenging Situations

Practice communication tools, assertiveness, and Aikido.

Week 5 – Learning From Our Emotions

Identify constructive ways to handle difficult feelings, such as anger and guilt.

Week 6 – Mastering Caregiving Decisions

Discuss tools for dealing with the tough choices that accompany caregiving.

All classes held at DARTS
1645 Marthaler Lane, West St. Paul, MN 55118
Total cost: \$30

**To learn more, contact Vicki:
651-234-2255
victoria.patterson@darts1.org**

