

## Powerful Tools FOR Caregivers

### **Powerful Tools for Caregivers to explore online option for workshop delivery**

Are you caring for an older adult with a chronic illness? Caregiving can cause stress on your physical and emotional health. Powerful Tools for Caregivers teaches you the skills and tools to help improve your caregiving experience. Powerful Tools for Caregivers is an educational program to help caregivers learn to take care of themselves while caring for others. In this course you have the opportunity to learn to:

- Reduce stress and improve your confidence
- Learn from your emotions
- Learn effective communication skills
- Improve your decision-making skills
- Connect with resources

Classes meet for 90 minutes, once a week for six weeks. The course will be offered **online**. This offering is in connection with a research study (the Telehealth Powerful Tools for Caregivers Effectiveness Study) to examine the effectiveness of the delivering the Powerful Tools for Caregivers program online as compared to in-person. Participation is voluntary and you may stop at any time.

**Dates:** Every Tuesday from January 21 – February 25, 2020

**Time:** 9:30 am – 11:00 am

**Cost:** Free

**Venue:** Online

**Registration:** If interested in participating in this study, please call 1-800-263-3877 and dial extension 5545 for Melissa McNamara or extension 5709 for Diana MacDonald.

For more information on Powerful Tools for Caregivers workshop please visit:

[www.ceselfmanagement.ca](http://www.ceselfmanagement.ca)