Are you a caregiver looking for additional support or advice? Do you know someone who is struggling with the emotional burden of providing care? Our six-week, evidence-based “Powerful Tools for Caregivers” workshop is designed to help. Weekly hour and a half sessions focus on topics such as stress management techniques, developing a care/life balance, communication strategies for expressing your feelings, decision-making strategies, and more.

**Who Can Attend?**

Anyone is welcome to attend the class, but the material will be most interesting to those who are providing care in some fashion. You do not need to be a primary or live-in caregiver! If you provide any level of care to someone with a chronic illness or disability – even if you just look out for a friend – the class material will be of use.

Please note that we cannot host the individuals for which you are providing care. If you need assistance with scheduling respite care, please let us know by emailing development@bshcinfo.org.

**How Do I Sign Up?**

Classes are free to attend, but you must register beforehand as there is limited space. Please call our evidence-based trainer, Lisandra Parrilla, at 617.443.4506 or email development@bshcinfo.org.
When and Where Will the Classes be Held?

Our next workshop will begin on June 26th, 2013 at the Providence House (130 Corey Road, Brighton, MA 02135). Classes will meet each Wednesday from 10:30 to 12:00 pm.

If you can’t make this workshop, but are still interested in the classes, please let us know! We lead these and similar workshops all around the city, and are planning our schedule for the rest of 2013.

Learn More

You can learn more about the “Powerful Tools for Caregivers” workshop, as well as other evidence-based classes, by reading more about our classes in the community. We also have a variety of home-based programs that may be of interest to caregivers.

If you’d like to inform others about our upcoming “Powerful Tools for Caregivers” workshop, you can share this article online. Alternatively, you can print our flyer.
It’s not easy to take care of a loved one.

We can help...

WHEN YOU TAKE CARE OF YOURSELF, EVERYONE BENEFITS!

*Powerful Tools for Caregivers* will help you...

- Reduce stress
- Improve self-confidence
- Balance your life
- Better communicate your feelings
- Increase ability to make tough decisions
- Locate helpful resources

---

**Powerful Tools for Caregivers**

Caring for elderly relatives, friends or someone with chronic illness can cause physical, emotional and financial stress. We can help!

Join our *Powerful Tools for Caregivers* six-week class that is designed to provide you, the caregiver, with the skills you need to take care of yourself.

The workshop spans 6 weeks with weekly 1 1/2 hour sessions. Refreshments will be provided!

**THERE IS NO COST BUT SPACE IS LIMITED**

Please call Lisa Parrilla at 617-443-4506 or email lparrilla@bshcinfo.org

---

COME JOIN US
June 26, 2013

at
The Providence House
180 Corey Road
Brighton, MA 02135

Meeting Wednesdays from 10:30-12pm

(Registration required.)