Powerful Tools for Caregivers Workshop

January 25, 2013

Caring for an elderly relative, a friend or someone with a chronic illness can be stressful physically, emotionally and financially. We can help!

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

This workshop is conducted in 1 1/2 hour sessions, once a week, for six consecutive weeks. Refreshments will be provided.

There is no cost but space is limited! Registration is required. Please call 617.477.6699 or email sdahlberg@ethocare.org.
CAREGIVER
SUPPORT WORKSHOP

It’s not easy to care for a loved one.

We can help...

POWERFUL TOOLS FOR CAREGIVERS
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Next class begins:
Wed., February 6, 2013
4:30 p.m. to 6:00 p.m.

Location:
Ethos
555 Amory Street
Jamaica Plain, MA 02130
Close to public transportation; parking available.