

In support of the many individuals who are caregivers, Senior Resources' is offering a six-week workshop that provides caregivers the tools to increase their self-care and their confidence to handle difficult situations, emotions and decisions.

The workshop will give you the skills to take care of yourself while caring for someone else.



CAREGIVER Workshop

Powerful Tools for Caregivers

Whether you provide care for a spouse, partner, parent, or friend; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers like you! It will provide:

Tools to Help Caregivers

- Reduce Stress
- Improve Self-Confidence
- Manage Time, Set Goals, and Solve Problems
- Better Communicate Feelings
- Make Tough Decisions
- Locate Helpful Resources

Date: Tuesdays, August 22 - September 26, 2023

Time: 10:00-11:30 AM

Location: Tanglewood Park, 560 Seminole Rd.
Muskegon, MI 49444
Paul C. Johnson Conference Room

Cost: \$20 total cost for six sessions
Scholarships available upon request

Participants are given *The Caregiver Helpbook* to accompany the workshop and provide additional caregiver resources. Free respite care available upon request. To reserve your space to attend the workshop

Call 231-733-3519 or email caregivers@seniorresourceswmi.org