

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:** Fridays, March 15 - April 19, 2024

**Time:** 12:30-1:30 PM

**Location:** GT Connection - Senior Center  
7100 8th Avenue  
Jenison, MI 49428

**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, contact:

Virginia Vazquez, Caregiver Support Specialist  
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**OR** Paula Kolberg, Caregiver Support Specialist  
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