

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, September 6 - October 11, 2024

**Time:** 1:00-2:30 PM

**Location:** Tanglewood Park, 560 Seminole Rd.  
Muskegon, MI 49444  
Training Rooms A & B

**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](mailto:caregivers@seniorresourceswmi.org)