



Powerful Tools FOR Caregivers

This is a **FREE** six-week self-care education program for family caregivers. The Powerful Tools for Caregivers Program will provide you with tools and strategies to better handle the unique challenges you face.

September 20 – October 25, 2018

Presentation
11:30 am - 2:00pm

Location
Fairfield County Hospice House
One Den Road
Stamford, CT 06902

Presenters
Loretta Lacci, BSN, RN, PN and
Nicol Rupolo

RSVP
To register for class, please contact Nicol Rupolo
at (203) 705-0220
or nicol@comforcare.com

Register early as class is limited to 12 people

THURSDAYS!!!

Sept 20th - Taking Care of You: Make a weekly action plan for self-care

Sept 27th - Identifying and Reducing Personal Stress: Learn four steps for effective stress management, as well as relaxation activities to incorporate into your daily life

Oct 4th - Communicating Feelings, Needs & Concerns: Learn how to communicate using "I" messages

Oct 11th - Communicating in Challenging Situations: Incorporate communication tools which are helpful in difficult situations with a segment specific to the memory impaired

Oct 18th - Learning from our Emotions: Identify constructive ways for dealing with difficult feelings especially anger, guilt and depression

Oct 25th - Mastering Caregiving Decisions: Learn tools for dealing with changes and for making difficult decisions

***Class participants will also receive a copy of *The Caregiver Handbook*, developed specifically for the class.**

THESE WORKSHOPS ARE INTENDED FOR FAMILY CAREGIVERS