

# Powerful Tools for Caregivers™

A 6-week course to help

- ❑ Reduce personal stress, change negative self talk
- ❑ Communicate needs to others
- ❑ Deal with difficult emotions
- ❑ Cope with life challenges such as working through alternate housing options, safety issues, and financial obligations.



## SARASOTA:

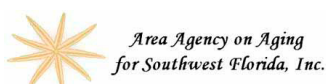
Thursdays, March 10, 17, 24, 31  
April 7, 14, 12:30 - 3 p.m.  
Caregiver Resource Center  
1820 Brother Geenen Way, Sarasota

Funded by the  
Area Agency on Aging for Southwest Florida  
and the Florida Department of Elder Affairs

**Senior Friendship Centers Caregiver Resource Centers and Pathways to Engagement**, an initiative of volunteers leading caregiving education, invite you to participate in this highly interactive educational series for family caregivers developed by Legacy Health System. **Paula Falk**, Director of Senior Friendship Centers Caregiver Resource Center in Sarasota and **Nancy Hobson**, Director of Program Development, are certified teachers for **Powerful Tools for Caregivers™**.

**For more information or to register,**  
**SARASOTA: Contact Paula Falk at 941.556.3270.**

Attendees are expected to attend all classes. Class size is limited, pre-registration is required.



## Participants completing the course have reported:

- Increased exercise and relaxation overall
- Improved emotional wellbeing, reduced anger, guilt and depression
- Increased self confidence in coping with caregiving demands
- Increased use of community resources