This educational class series is designed to help family caregivers. The program will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, child, friend or someone who lives at home, in a nursing home, or across the country.

Reduced Cost Thanks to:
- KSRE Adult Development and Aging Program Focus Team

Powerful Tools for Caregivers Virtual Class Series

February 2 - March 16, 2022
Wednesdays 1:30-3:00pm
Cost: $5   Class Size Limited

Register by January 28 by calling one of the host counties or by going to this https://kstate.qualtrics.com/jfe/form/SV_cuSo2Aq49YWrq0C.

Caregiver Tools Provided:
- Help you reduce stress
- Communicate effectively
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem solve

Online class includes the Caregiver Helpbook topics include: hiring in-home help, helping memory impaired elders, making legal and financial decisions, making decisions about care facility placement, understanding depression and making decisions about driving.

Call your local Extension Office for questions or to register over the phone.
Gray County       Ford County       Meade County       River Valley District
620-855-3821      620-227-4542      620-873-8790      785-325-2121

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