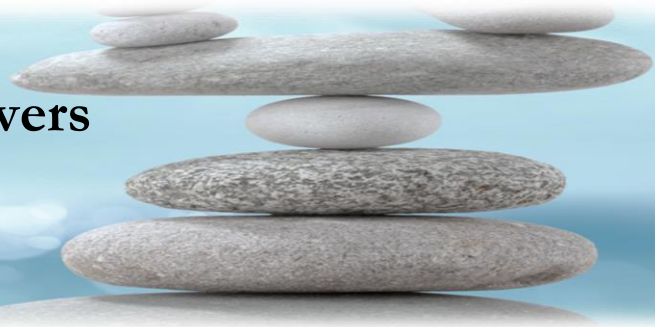


Powerful Tools for Caregivers

Program Overview



PTC will help you to.....

- Reduce stress, guilt, anger and depression
- Improve self confidence
- Better communicate feelings
- Make tough decisions
- Use community resources
- Manage time, set goals and problem solve
- Practice self-care

Powerful Tools for Caregivers (PTC) is an educational program designed to help family caregivers take care of themselves while caring for a loved one who has a chronic illness. 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 free workshop is for caregivers like you!

The Powerful Tools for Caregivers program will provide you with tools and strategies to better handle the unique caregiver challenges you face. The six week scripted curriculum offers a combination of elements that can make a positive difference in your life.

“After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser and healthier me ... and a healthier us!”

Active Aging Programs with Catholic Charities of Southern MN offers PTC free of charge. Here is information for a class near you.

Lake City Class Starting October 26, 2023

Location: St. Mary's of the Lake Church 419 W Lyon Ave, Lake City, MN 55041

Dates: Thursdays Oct. 26 – Dec 7 (no class on Thanksgiving)

Time: 1:00-2:30 pm

Classes are free, seating is limited and registration is required.