

Powerful Tools FOR Caregivers

Feeling stretched
caring for a loved
one?

This course is offered by Elim Care Faith Community Nursing

Powerful Tools for Caregivers is an educational program designed to provide family caregivers with the tools they need ***to care for themselves while caring for others.*** ***Participants*** will benefit from this 6 week class whether you are helping a parent, spouse, friend or child; someone who lives at home, a nursing home, or across the country. The cost of the course is \$45.00 and includes all six sessions, book, and materials. Some scholarships may be available.

Schedule	Topic	Date
Week 1	Taking Care of You	March 21
Week 2	Identifying and Reducing Personal Stress	March 28
Week 3	Communicating Feelings, Needs and Concerns	April 4
Week 4	Communicating in Challenging Situations	April 11
Week 5	Learning from Our Emotions	April 18
Week 6	Mastering Caregiving Decisions	April 25

Where:

First English Lutheran Church
511 W. Belle St.
Cannon Falls, MN. 55009
507.263.3042

When: March 21 – April 25
2:00 – 4:00 PM

This is a 6 week class held
on Tuesday afternoons

Co - Facilitated by:

Marcia Flom, RN, FCN
and Marilyn Banks, RN

The class will give you tools to:

- Help reduce stress
- Improve your self-confidence and life balance
- Communicate effectively with other family members, your doctor, paid help
- Make tough decisions
- Set goals and problem-solve
- Reduce guilt, anger, and depression
- Locate helpful resources

Register Early!

Class Size is Limited

To register or if you have questions:

Contact Marcia Flom

Email – flommarcia@gmail.com or call: 952.923.2304

Or for a local call contact Marilyn Banks at 507.263.0368

* Fee will be collected at the first class.