

Powerful Tools for Caregivers

A class for family caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Learn to handle stress and your emotions, and to improve your communication with the care receiver. You will benefit from this class whether you are helping a parent, spouse, or friend who lives at home, in a nursing home, or across the country.

This class series meets once a week for six weeks.

Class size is limited and registration is required.

Dates: Mondays, June 21—July 26, 2010

Time: 10:00 a.m.—12:30 p.m.

Location: Interface-Samaritan Counseling Center
4803 San Felipe (between West Loop and Post Oak)
Houston, TX. 77056

To register: Mark Herranen, 281-376-8006, extension 204

Cost: Suggested donation of \$25 for cost of course book
(not required in order to attend class)