



Powerful Tools FOR Caregivers

A Virtual Class for Family Caregivers

6 Consecutive Weeks

Thursdays, August 26 - September 30, 2021- 1 PM - 3 PM

- Instructions on accessing the class will be provided to registered participants
- Participants will access the class using Microsoft Teams (a meeting app similar to Zoom)
- A short pre-class TEAMS orientation is required for those not familiar with the platform

Free, but advanced registration is required

Care for yourself to provide better care for your loved one

Powerful Tools for Caregivers is an evidence-based educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Whether you are helping a parent, spouse, or friend, and regardless of where they live — at home, a nursing home or across the country — you will benefit from this class.

This class will cover- reducing stress, effective communication, self-care, reducing feelings of guilt, anger and depression, making tough decisions, setting goals and problem solving, and more.

**Presenters: Mindy Lohman-Hinz & Teresa Luhn
Frederick County Senior Services Division**



**To register: Call 301-600-6001 or
Email: mlohman@frederickcountymd.gov**