

Powerful Tools for Caregivers



Join this weekly class that aims to help caregivers take better care of themselves while caring for others.

You will:

- Improve self-care practices such as exercise, relaxation, and medical care
- Improve your ability to manage emotions including reducing guilt, anger, and depression
- Increase your self confidence in coping with the demands of caregiving

January 31 – March 14, 2023

Tuesdays,

3:00 PM – 4:30PM

Jan 31, Feb 7, 14, 21, 28 Mar 7, 14

* January 31 is Session 0 to test zoom.

Location:

Virtual – Zoom

Zoom Instructions will be mailed with class materials prior to workshop.

Class Leader(s):

Lynn Amon, LSW, MSW

Cheryl Lanigan, MA, BSN, PHN, FCN

Cost:

Donations accepted as part of our Cost-Sharing Program.

For more information or to register:

<https://yourjuniper.org/Classes/Register/3766>

Or Contact Lisa Brown 651-632-5320

caregiving@lyngblomsten.org

Register by January 30.