

Do you find you're in a new role that consists of providing support or making decisions for someone else?

Do you help a loved one with basic activities like going to the doctor, paying bills or taking medications?

Are there disagreements among family members? Do you feel others aren't doing their share?

**If you answered "YES" to any of these questions,
this class is for you!**

**Powerful Tools
FOR Caregivers**

- ★ Powerful Tools for Caregivers is a six-week educational class to help *you*, the family member or friend.
- ★ It is an interactive class where you learn skills to reduce stress, communicate effectively, and make tough decisions.
- ★ *You* will benefit from this class whether your loved one lives at home, in a nursing home, or across the country.
- ★ You will get a free how-to-do-it book and other learning materials.

Call 518-358-2963

Register Today!

Classes are held at the
Tsi Tetewatkins Senior Center

Every Thursday

5:30 to 7:00 p.m.

March 2 to April 6 (six weeks)

Open to all adults of Akwesasne

Please call us to find how we can help you attend this class

