

# Powerful Tools for Caregivers

A six-part  
educational  
series  
designed to  
support  
family  
caregivers



FREE!

**Who?** For family caregivers in Merrimack County

**What?** An educational series

**When?** Wednesdays from May 5– June 9 2:00-3:30 PM

**Where?** Horseshoe Pond Place Senior Resource Center, 26 Commercial Street Suite 105, Concord

Pre-registration required by calling Merrimack County ServiceLink at 1-866-634-9412 or 228-6625.

Call for information on respite assistance.

Participants are asked to commit to all sessions.

Registration deadline 4/28/10.

## Topics covered:

- \*Managing self-care principles
- \*Action plans
- \*Relaxation techniques
- \*Communication techniques
- \*Solution seeking
- \*Using community resources
- \*Managing caregiver stress
- \*Being assertive, not aggressive
- \*Managing emotions
- \*The family meeting

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