Powerful Tools for Caregivers

6 Week Program

Family caregivers will learn 35 tools to: avoid burnout, lessen stress, stop negative self-talk, strengthen communication, convey needs, and deal with difficult emotions.

Date | Class | Location
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3/01 – 4/05 Wednesdays 9:30am – 11:30am | Powerful Tools for Caregivers Offered by Larimer County Office on Aging and the Weld County Area Agency on Aging. | Windsor Rec Center 250 11th St, Windsor, CO 80550

6/13 – 7/25 Tuesdays (no class on 7/04) 3pm – 5pm | Powerful Tools for Caregivers Offered by Larimer County Office on Aging. | Loveland Library Gertrude Scott Room 300 N Adams Ave, Loveland, CO 80537

8/03 – 9/07 Thursdays 9:30am – 11:30am | Powerful Tools for Caregivers Offered by Larimer County Office on Aging. | Pathways Hospice McKee Room 305 Carpenter Rd, Fort Collins, CO 80525

*Classes are subject to change.

REGISTER NOW!

Larimer County Office on Aging:
970-498-7758 | aging@larimer.org

Thanks to our partner agencies in collaboration: Volunteers of America, UC Health Aspen Club, Accent Care Hospice, Weld County AAA and community volunteers.

bit.ly/PowerfulTools23