



*Senior Care Network presents:*

## Powerful Tools for Caregivers

Fridays, January 17 – February 21, 2025

10 – 11:30 a.m. via online platform.

This six-session online course is designed for family caregivers. The class focuses on “Taking Care of YOU” by providing tools to:

- Practice self-care.
- Reduce caregiver stress.
- Improve communication.
- Address emotions such as anger, guilt, and depression.
- Prepare for the future.

The course is free; however, a Powerful Tools for Caregivers help book is required and available for purchase.

To register, please contact Karla Palma, MSW, at (626) 397-8135 or [karla.palma@huntingtonhealth.org](mailto:karla.palma@huntingtonhealth.org).