



# POWERFUL TOOLS FOR CAREGIVERS

**Powerful Tools for Caregivers is a class series designed to help family caregivers take better care of themselves while caring for a family member or friend. In the six weekly classes, caregivers develop a wealth of self-care tools to reduce stressors, change negative self-talk, communicate their needs to family members and healthcare or service providers, effectively communicate in challenging situations, deal with difficult feelings, and make tough caregiving decisions. Class participants will receive a copy of The Caregiver Help book, developed specifically for the training.**

## **FREE CLASSES**

**FOR INFORMATION ON CLASS LOCATIONS, DATES AND TIMES  
PLEASE VISIT OUR WEBSITE AT  
[WWW.OHAI.ORG](http://WWW.OHAI.ORG)**

**Classes are offered both online and in-person. Registration is required to reserve your place and guarantee your copy of the Caregiver Help book.**

**Classes held on location are space limited to allow for proper social distancing.**

**To register for a class or for more information, please call 855-227-5928 or email [OHAI@ouhsc.edu](mailto:OHAI@ouhsc.edu)**

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