

Caregiver Educational Program

2024

Every Tuesday
Oct 15 – Nov 19, 2024
1:30 PM - 3:00 PM

***This class is free
for family caregivers***
*(Voluntary contributions welcomed
for the Caregiver Helpbook)*

Five Points Center for
Active Adults
2000 Noble Road,
Raleigh, NC 27608

**For more information and
to register please contact
Lisa Hoskins at
The Center for Volunteer
Caregiving
lhoskins@ctrvolcare.org
919-460-0567 or**

**[Here is a link](#) to the
online registration.**

All you need to do is
register, commit to care
for yourself, and attend
each session.



Powerful Tools for Caregivers



Learn how to handle stress, improve self-confidence, communicate better, improve your ability to make tough decisions, locate helpful resources and more.

Powerful Tools for Caregivers consists of six 90-minute sessions of practical training. The curriculum, ***Powerful Tools for Caregivers*** (www.powerfultoolsforcaregivers.org), is an award-winning educational program that provides caregivers with tools and strategies to better cope with their unique challenges.

Classes are conducted by professionals from The Center for Volunteer Caregiving. There is no charge for the sessions; however, a voluntary consumer contribution is welcomed to defray the cost of providing the class.

The Powerful Tools for Caregivers course will enroll up to **14 participants**. Registration is on a first come, first served basis. If care for a loved one during the class is an issue, please let us know.

NOTE: this program is open to only family caregivers; it is not designed for professionals or paid caregivers.