

# Caregiver Educational Program

## 2025

Every Friday  
March 7 - April 11, 2025  
11:00 AM – 12:30 PM

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

Apex Senior Center  
63 Hunter Street  
Apex, NC 27502

**To register contact:  
Apex Senior Center  
919-249-3354**

**For more information  
contact:  
Elaine Whitford  
The Center for Volunteer  
Caregiving  
919-460-0567 or  
ewhitford@ctrvolcare.org**

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](http://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.***