

Caregiver Educational Program

2025

**Every Tuesday
October 7 - November 11,
2025
11:30 AM – 1:00 PM**

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

**First United Methodist
Church of Cary
117 S. Academy Street
Cary, NC 27511**

**To register or for more
information contact:
Molly McGinnis at
The Center for
Volunteer Caregiving
919-460-0567 or
mmcginnis@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), 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.