

# Powerful Tools for Kinship Caregivers



## Who Takes Care of YOU? A self-care class for family caregivers

### Join us as we discuss how to:

- Access valuable resources and connect with other caregivers.
- Reduce stress, guilt, anger and depression.
- Communicate effectively.
- Take care of yourself, relax, set goals and problem solve.

**Begins Wednesday June 28, 2023**

12:00pm-2pm

**Beech Acres Parenting Center**

**615 Elsinore Place**

**5<sup>th</sup> Floor**

### Register with:

[kgale@beechacres.org](mailto:kgale@beechacres.org)

Class size limited to 15. Childcare Available  
Refreshments will be provided. Participants completing this FREE 6-week Powerful Tools for Caregivers class will receive The Caregiver Handbook and a Caregiver Journal at no cost (\$40 value).\*

\*Attend at least 4 of the 6 class sessions to receive the free books.



With All  
**Families**



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