

# Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is a class designed to provide you—the caregiver—with skills to take care of yourself.

The series of six classes, held once each week, offers tools and support to help you reduce personal stress, change negative self-talk, communicate your needs to family and healthcare or service providers, communicate effectively in challenging situations, recognize the messages in your emotions, deal with difficult feelings, and make tough caregiving decisions.

**Thursdays 1-3:30pm, March 2-April 6, 2023**

This is a **free** class provided **in person** on the Stonehill Communities campus at  
**3485 Windsor Ave, Dubuque, IA 52001**

*Everyone benefits  
when you take care  
of yourself.*

**Register by  
February 27**

Contact:

**Jolene Koopmann,**  
Caregiver Resource Center  
Coordinator, to register or  
for information.

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or

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