

# A DYNAMIC, EVIDENCE-BASED PROGRAM FOR CAREGIVERS

Are you a  
**CAREGIVER,**  
or do you know  
someone who is?

## Powerful Tools FOR Caregivers



This six-week series of 90-minute classes offers caregivers opportunities to explore a variety of self-care tools in a supportive environment, designed to help you:

- reduce personal stress
- change negative self-talk
- communicate more effectively in challenging situations
- manage your emotions
- make tough caregiving decisions

Previous participants have found the learned program tools improve relaxation and exercise habits, as well as their physical and mental well-being. The tools also helped them better manage their emotions, increased confidence in their ability to meet caregiving demands, and improved their ability to seek out and utilize community resources.

**If you or someone you know is a caregiver, we encourage you to register today!**

Our goal is to improve the lives of caregivers (and, ultimately, their care recipients) through outreach, conversation, training and resources.

If you need this information in an alternate format, or need accommodations to participate, contact Maryland Access Point of Howard County at 410-313-1234 (voice/relay).

### 2019 FALL PROGRAM OPPORTUNITIES

**September 10** THROUGH **October 15**  
**6:00 to 7:30 pm**

— SIX CONSECUTIVE TUESDAYS —

**Ellicott City 50+ Center**

9401 Frederick Road, Ellicott City 21042

**October 9** THROUGH **November 13**  
**6:00 to 7:30 pm**

— SIX CONSECUTIVE WEDNESDAYS —

**Office on Aging and Independence**

9830 Patuxent Woods Drive, Columbia 21046

\$30 Fee Covers All Materials

— FOR MORE INFORMATION OR TO REGISTER —

**Kathy Wehr**

CAREGIVER SUPPORT PROGRAM MANAGER

**410-313-5955** (VOICE/RELAY) • [kwehr@howardcountymd.gov](mailto:kwehr@howardcountymd.gov)