

CONVENIENT WEBEX VIRTUAL TRAIN the TRAINER!

FOR Powerful Tools Caregivers

The Powerful Tools for Caregivers (PTC) program is a structured, scripted curriculum designed to equip facilitators with the necessary skills to support caregivers effectively. This program builds on the principles outlined in *The Caregiver Helpbook*.

To offer this comprehensive six-week course for caregivers in your community, you must **become a licensed PTC Class Leader**. This certification ensures that you are fully prepared to co-facilitate PTC classes for groups ranging from six to 15 family caregivers. After completion of the Train the Trainer course, you will receive your certification to be a licensed trainer through PTC.

The PTC curriculum is available in multiple languages, including English, French, Korean, Spanish, and can be delivered either in-person or virtually, providing flexibility to meet the needs of diverse communities.

Class lessons cover:

- Taking Care of You
- Identifying and Reducing Personal Stress
- Communicating Feeling, Needs and Concerns
- Communicating in Challenging Situations
- Learning from our Emotions
- Mastering Caregiving Discussions

TRAIN THE TRAINER PROGRAM!

Join us virtually at

<https://bit.ly/HoCoPTC-TrainTheTrainer>

June 9-13 • 9 a.m. to noon

MONDAY THROUGH FRIDAY

\$250 registration fee includes
course materials and certification



Don't miss this opportunity to bring your organization and your caregivers the tools they need to take care of themselves while caring for their loved ones.

FOR MORE INFORMATION OR TO REGISTER

Kathy Wehr

CAREGIVER SUPPORT PROGRAM MANAGER

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PROGRAM
PRESENTED
COURTESY OF


Howard County
Office on Aging and Independence

www.howardcountymd.gov/aging-independence

If you need this information in an alternate format, contact Maryland Access Point of Howard County (MAP) at 410-313-1234 (voice/relay) or map@howardcountymd.gov.