

Join this WebEx Class in the Comfort and Safety of Your Own Home!

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 are a caregiver, we encourage you to register for this dynamic self-care program! We are here to help.

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

COURTESY OF  Howard County Office on
Aging and Independence
Department of Community Resources and Services

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).

- Materials and access to the class will be provided prior to start date.
- Classes will be taught via WebEx format, so computer and internet access is required.
- Enjoy this educational opportunity in the comfort of your own home.



VIRTUAL CLASSES SUMMER 2020

DAY

June 23 THROUGH **July 28**
1:00 to 2:30 pm

SIX CONSECUTIVE TUESDAYS

EVE

June 24 THROUGH **July 29**
6:00 to 7:30 pm

SIX CONSECUTIVE WEDNESDAYS

There is NO CHARGE to attend these self-care classes!

— FOR MORE INFORMATION OR TO REGISTER —

Kathy Wehr

CAREGIVER SUPPORT PROGRAM MANAGER

410-313-5955 (VOICE/RELAY)

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