

Join us **VIRTUALLY** or **IN-PERSON**

Powerful Tools **FOR** Caregivers

The Powerful Tools for Caregivers (PTC) series is comprised of 90-minute classes offering supportive environment covering a comprehensive array of topics and self-care tools designed to help:

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

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.

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

PROGRAM
PRESENTED
COURTESY OF



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.

SPRING SCHEDULE

In-Person / On-Site

EAST COLUMBIA 50+ CENTER

6610 Cradlerock Way, Columbia 21045

May 30 THROUGH **July 11** • **1-2:30 p.m.**

— SIX FRIDAYS • NO PROGRAM FRIDAY, JULY 4 —

REGISTER HERE

\$30/person for manual/workbook

SPREAD THE WORD. WE ARE HERE TO HELP.

If YOU are a caregiver, or know someone who is, we encourage you to register for this dynamic self-care program!

— FOR MORE INFORMATION OR TO REGISTER —

Kathy Wehr

CAREGIVER SUPPORT PROGRAM MANAGER

410-313-5955 (VOICE/RELAY) • kwehr@howardcountymd.gov