

You are invited to attend
High Country Area Agency on Aging's

Powerful Tools for Caregivers

Are you the caregiver of an older adult?

Powerful Tools for Caregivers is a free virtual educational program designed to give you the skills you need to better take care of yourself and your loved one.

If you provide unpaid care to an older adult age 60+ and live in Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, or Yancey County, this opportunity is for you!

6-Week Course

**Mondays,
June 24th - August 5th, 2021
1pm - 2:30pm**

Registration is required

Call or email:

Amber Chapman
828-278-7406
achapman@hccog.org

This course is offered **free of charge** and will be held online via Zoom. Space is limited so register today!

Learn helpful tools & skills to:

- Reduce stress
- Improve self-confidence
- Bring more balance to your life through
 - Time management
 - Goal setting
 - Problem solving
- Better communicate your feelings with loved ones
- Make tough decisions
- Locate helpful resources

During the 6-week course, caregivers will receive a copy of *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address more specific caregiver issues.



Powerful Tools
FOR Caregivers