



Funded under an award with Trellis as part of the Older Americans Act

POWERFUL TOOLS FOR CAREGIVERS

What:..... JFCS will host a six-week class, “Powerful Tools for Caregivers.” The class is designed to provide you with a wealth of self-care tools that will help you take care of yourself while taking care of others. You will learn to reduce stress, improve your self-confidence, bring more balance to your life, better communicate your feelings, and increase your ability to make tough decisions. Class is open to people from the Jewish and broader community.

When:..... **Tuesdays, October 4 through November 15**
10 to 11:30 a.m.
(We will not be meeting on Oct. 18)

Where:..... **JFCS**
5905 Golden Valley Road, Golden Valley, MN 55422

Who:..... **Facilitated by** Lindsay Kant, LGSW and Annette Sandler, MA

Register:..... Register now by **Thursday, Sept 29th** at
www.jfcsmpls.org/events or by calling **952-542-4868**



Class is free, but there is a \$25 charge for the course book. If you are unable to pay the book fee, please contact Lindsay Kant at lkant@jfcsmpls.org about receiving a donated book.