



Powerful Tools for Caregivers (PTC) **Workshop**

When: September 1, 8,15,22,29 and October 6, 2021. **Time:** 3:00-5:00 pm

Location: via Webex

What is PTC?

PTC is a 6-week virtual educational program that helps caregivers take better care of themselves while caring for a friend or relative.

What will this workshop include?

Class participants will receive the Powerful Tools for Caregivers workbook prior to start of the workshop.

Workshop Topics:

- Reduce stress
- Prevent caregiver burnout
- Make tough decisions
- Communicate feelings effectively
- Restore balance to life
- Locate helpful resources

PTC CLASSES

The participant must attend at least 4 of the 6 classes to complete the workshop

To sign up, please contact:

**Cynthia Antone at 520-610-9951 or
email cynthia.antone.csd@gric.nsn.us**

No charge to attend training!

Sign up by

August 30, 2021

**Space is limited to 10 participants
Incentives will be given to all who
attend!**

Instructors:

Cynthia Antone, Elderly Services Program

Iris Pablo, Elderly Services Program

Joy Johnson, Elderly Services Program