

Powerful Tools FOR Caregivers



Are you a caregiver?

Join us for a **FREE CLASS** designed to help you take care of yourself while you take care of your relative or friends.

TAKE CARE TO GIVE CARE!!!

Powerful Tools For Caregivers (PTC) is an evidence-based program will provide caregivers with the tools and strategies to better handle the unique challenges that come with being a caregiver.

Six Sessions will help caregivers improve:

- Communication skills
- Self-efficacy
- Self-care behaviors and improve self-confidence
- Management of emotions and communicating feelings
- Reducing stress and knowing your resources
- Set goals and problem-solving, making the tough decisions

Class Dates:

June 4th, 7th, 18th, 21st, 25th, 28th -2019

Class Time:

Tues. & Fri. Mornings at 10:00AM

**Where: Greene County Senior Center
104 Greenridge Road Snow Hill, NC**

Snacks Included!

Registration

**For more information
& to register call:**

**Sue Smith or
Sharon Harrison at
252-747-5436**

**Greene County
Senior Center
104 Greenridge Road
Snow Hill, NC 28580**

Presented By:

**Greene County
Senior Center &
Eastern Carolina Council
Area Agency on Aging
Family Caregiver
Support Program**

***Call us if you want to attend, but are unable due to Caregiving. There may be some options available so you can attend including Respite at the Senior Center while you attend.**





**Greene County Senior Center
104 Greenridge Road
Snow Hill, NC 28580**

Caregiver Registration Form

Caregivers Name: _____ DOB: _____

Care Recipient Name: _____ DOB: _____

Relationship (i.e.: spouse, parent, friend): _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email: _____

How long have you cared for your loved one? _____ My loved one lives with me

I work: Full time Part-time

My loved one requires 24 hour supervision

I have other family who assist or friends

I have no one who assists me.

I am interested in the Respite Voucher Program.

I have professional assistance to help with caregiving needs. (i.e.: home health, sitter, hospice)

I am interested in Home Delivered Meals for my Loved One.