



Powerful Tools for Caregivers

A 6-week educational program to help family caregivers
take care of themselves while caring for a relative or friend

Do you care for a loved one? Do you help a child, adult living with a special health condition, chronic illness, life threatening illness? Any of these can be emotional and physically stressful, and financially stressful. We can help!

When: Wed., May 21
through Wed., June 25
4:00 pm—5:30 pm.

Where: Suntree Adult Day
Program @ 4120 N. 20th
St. (Indian School Rd/ 20th
Street, off AZ. 51)

**FREE Care will be
available for your loved
one! Made possible by
Suntree Day Program.**

POWERFUL TOOLS FOR CAREGIVERS 6-WEEK WORKSHOP IS TAKING REGISTRATION

You will learn to:

- Reduce stress
- Improve self confidence
- Increase better communication
- Create balance in your life
- Increase your ability to make tough decisions
- Locate helpful resources and options

If you care for a relative, child, neighbor or friend you can benefit from the Powerful Tools for Caregiver workshop.

**FOR MORE INFORMATION OR TO
REGISTER CALL THE STATEWIDE
CAREGIVER RESOURCE LINE
1-888-737-7494.**

SPONSORED BY:

AZ Caregiver.org

