



***Support for our family caregivers in
Hawaii Island
Powerful Tools for Caregivers Class***

What is “Powerful Tools for Caregivers” (PTC)?

PTC is an educational series designed to support family caregivers with tools that work.

COOPERATIVE EXTENSION
UNIVERSITY OF HAWAII AT MĀNOA
COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES

This program helps family caregivers learn how to:

- ❖ Reduce caregiver stress
 - ❖ Improve self confidence
 - ❖ Communicate feelings better
 - ❖ Balance their lives
 - ❖ Increase ability to make tough decisions
 - ❖ Learn about community resources



Dates: **Thursdays**, February 22 – March 28, 2024

Time: **10:00 am – 12:00 pm**

Cost: \$10 registration fee

Location: **Regency Hualalai**, 75-181 Hualali Rd, Kailua-Kona, HI
Conference room (4th Floor)

Registration is required.

Call Today to Register: Suzanne Zaw at (808)339-7980

Powerful Tools for Caregivers is presented in Hawaii County by the **Hawaii Community Caregiver Network** (www.hawaiicaregivers.org) which organizes the program, in collaboration with **University of Hawaii Cooperative Extension**, Maui, which funds the project.

