



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

What is “Powerful Tools for Caregivers”?

Powerful Tools for Caregivers (PTC) is a 6 week series of two-hour classes, led by two certified volunteer class leaders, to provide family caregivers with tools that work.

This program helps family caregivers learn how to:

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

Dates: Wednesdays: April 17 to May 22
Time: 10 am to noon
Cost: \$10 registration fee
**Location: Regency at Hualalai, 75-181 Hualalai Road,
Kailua-Kona**

Registration is required.

Call Today to Register: Joann D’Addio 773-294-8773

Powerful Tools for Caregivers is presented on the West Side of Hawaii Island by **Hawaii Community Caregiver Network**, which organizes and funds the program, in collaboration with **University of Hawaii Cooperative Extension Maui**.

HAWAII COMMUNITY CAREGIVER NETWORK
www.hawaiicaregivers.org

