

Powerful Tools FOR Caregivers

REGISTER TODAY!

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative.

LEARN TOOLS TO HELP

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources

BROUGHT TO YOU BY



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Powerful Tools for Caregivers is owned and managed by Iowa State University of Science and Technology.



LOCATION/DATES SPRING 2025

Pierz

Wednesdays, April 2 - May 7
1:00-2:30pm

Monticello

Wednesdays, April 9 - May 14
1:00-2:30pm

Wadena

Wednesdays, May 14 - June 18
10:00-11:30am

Respite services are available for all classes.

Space is limited, contact us today to register!



REGISTRATION FOR 6-WEEK PROGRAM IS REQUIRED!
Scan the QR Code to register or contact D-CAN
contact@dcan-mn.org | (320) 640-6695 | (763) 263-4277