

Powerful Tools FOR Caregivers



Powerful Tools for Caregivers is a 6 week evidence based class that will help caregivers take better care of themselves while caring for a friend or relative.

By taking care of your own health and well-being, you become a better caregiver. Each participant will receive a copy of the "Caregiver Helpbook".

This class will give you the tools to help:

- Reduce Stress
- Improve Self-Confidence
- Manage Time, Set Goals, and Solve Problems
- Better Communicate Feelings
- Make Tough Decisions
- Locate Helpful Resources

Location: Virtual Meeting via Zoom

Dates: Thursday's Starting August 20th through September 24th, 2026

Time: 4:00PM-5:30PM



This class will be facilitated by staff of Northwoods Caregivers.
To register, Call Earlene Buffalo at
218-333-8261

This class is open to Cass County caregivers. Please register by August 14th.

