



Powerful Tools for Caregivers – Evening Session

Research studies show a high rate of depression and anxiety among caregivers because they often feel powerless over their circumstances and the events in their lives. These feelings significantly impact their overall physical and emotional health and well-being.

Powerful Tools for Caregivers is an evidence-based program designed to counteract negative feelings and positively impact the health of a diverse caregiving population including adult children of aging parents, spouses/partners, and caregivers at differing stages in their caregiving roles, living situations, financial means, and educational backgrounds.

This class meets once a week for six consecutive weeks and helps caregivers learn self-care behaviors, how to manage emotions, increase self-efficacy and find community resources.

Topics Include:

- Taking Care of You
- Identifying and Reducing Personal Stress
- Communicating Feelings, Needs, and Concerns
- Communicating in Challenging Situations
- Learning From Our Emotions
- Mastering Caregiving Decisions

Wednesdays, January 6th – February 10th, 2021

5:30 p.m. – 7:30 p.m.

Cleveland Clinic Lou Ruvo Center for Brain Health
ONLINE using the ZOOM Platform

To enroll in this free program call

702.271.9563 or email

LouRuvoSocialServ@ccf.org

