

# Powerful Tools for Caregivers

A 6-week educational series for family caregivers:  
Learn to take care of yourself while caring for a loved one



**Mondays**

**1 - 2:30 pm**

**4/10 - 5/15**

**Harborview Medical Center**

Taking care of your own needs is essential as you support your loved one. When you take care of yourself, your loved one will also benefit. But how do you find the time or energy for self-care?

In Powerful Tools, you will learn key skills that will improve your confidence and ability to take care of yourself throughout the caregiving journey.

This 6-week evidence-based educational series includes lessons, group discussion and personal goal-setting.

Class is free and is taught in English.  
Registration is required by 4/5.  
Contact Mari Becker at the UW Memory & Brain Wellness Center:  
206.744.2017, mbecker1@uw.edu

## **Sample Topics:**

- Reducing Personal Stress
- Communicating in Challenging Situations
- Mastering Caregiving Decisions

## **Offered in partnership:**



BRIDGING CULTURES  
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