

Powerful Tools for Caregivers



Join this weekly class that aims to help caregivers take better care of themselves while caring for others.

You will:

- Improve self-care practices such as exercise, relaxation, and medical care
- Improve your ability to manage emotions including reducing guilt, anger, and depression
- Increase your self confidence in coping with the demands of caregiving

January 18 – February 29, 2024
Thursdays

3:30 – 5:00 pm

Jan 18, 25; Feb 1, 8, 15, 22, 29

* January 18 class is Session 0.

No content covered. This is an opportunity to test the virtual meeting.

Location: Via Zoom

Class Leader(s):

Lynn Amon, MSW, LSW

Lyngblomsten Community Services

Becky Indahl, RN, FCN

Cost:

Voluntary contributions accepted as part of our Cost-Sharing Program.

For more information or to register:

<https://yourjuniper.org/Classes/Register/4228>

Contact Lisa Brown:

caregiving@lyngblomsten.org or 651.632.5320.
