



Asian American Resource Center
8401 Cameron Road
Austin, Texas 78754
Phone: 512.974.1700
www.austintexas.gov/aarc

Powerful Tools for Caregivers

*Do you feel stressed in your role as a caregiver?
Are you having trouble setting aside time to take care of you?
Have you felt like no one really understands?*

Powerful Tools for Caregivers is a 6-week educational series designed to help unpaid family caregivers take care of themselves while caring for a relative or friend. Caregivers develop a wealth of self-care tools to reduce personal stress, communicate their needs effectively in challenging situations, deal with difficult emotions and make tough caregiving decisions. You will benefit from this class whether you are helping a parent, your spouse, a friend or someone who lives at home, in a nursing home or across the country.

This program is brought to you in collaboration with



**All classes will be held in Classroom 3
from 12:30pm-2:30pm**

Pre-registration is June 24-July 18 online or by phone at austintexas.gov/aarc or 512-974-1700. Limited spots available. Waitlisted registrants will be informed of spots on July 22.

Session dates:

July 27, 2014
August 3, 2014
August 10, 2014
August 17, 2014
August 24, 2014
August 31, 2014

