

# Powerful Tools for Caregivers Classes

## Classes for People Helping Older Relatives or Friends

A six-week educational program designed to provide caregivers the tools needed for taking care of themselves is now being offered. Through six 2 1/2 hour sessions held on a weekly basis, caregivers learn to reduce stress, improve self-confidence, better communicate feelings, and locate helpful resources. Attendees also learn how to increase their ability to make tough decisions and balance their lives. **Pre-Registration is required** - Call 858-2177 or e-mail [caregiver@erie.gov](mailto:caregiver@erie.gov) for more information about Powerful Tools for Caregivers Classes and to register. There is a \$25 cost for the course, which includes a copy of *The Caregiver Helpbook*\*



**Balance  
Your  
Life**

### Class Location

### Day

### Dates & Time

Class Location	Day	Dates & Time
Erie County Home - Inservice room 11580 Walden Ave., Alden 14004	Wed.	Oct. 15 - Nov. 19, 2008 6:00 pm - 8:30 pm
Elderwood at Rosewood 76 Buffalo St., Hamburg 14075	Mon.	Oct. 20 - Nov. 24, 2008 6:00 pm - 8:30 pm
Dale Association 33 Ontario St., Lockport	Tues.	Oct. 28, Nov. 4 -25, Dec. 2 3:00 pm - 5:30 pm
John Duke Sr. Center 1201 Hyde Park Blvd., Niagara Falls	Thurs.	Jan. 15 Feb. 19, 2009 6:00 pm - 8:30 pm
St. John's Lutheran Church 3512 Clinton St., West Seneca	TBA	Spring '09

*\*Complete course cost is covered for all Independent Health and Blue Cross & Blue Shield of WNY health insurance members.*

**POWERFUL  
Tools**  
for Caregivers

A Mather LifeWays Program

**Additional classes are being scheduled. For more information or to register, contact:  
Erie County Department of Senior Services at 858-2177 or e-mail: [caregiver@erie.gov](mailto:caregiver@erie.gov)  
Class listing is also on our website at: [erie.gov/depts/seniorservices](http://erie.gov/depts/seniorservices)**

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