

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 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**

**POWERFUL
Tools
for Caregivers**

A Mather LifeWays Program

<i>Class Location</i>	<i>Day</i>	<i>Dates & Time</i>
Community Concern Human Services 6722 Erie Rd., Derby 14047	Mon.	Aug. 17- 31; Sept. 14-28 6:00 pm - 8:30 pm
Schofield Residence 3333 Elmwood Ave., Kenmore	Tues.	Sept. 15 - Oct. 20, 2009 3:00 pm - 5:30 pm
Elderwood at Rosewood 76 Buffalo St., Hamburg 14075	Tues.	Sept. 22 - Oct. 27, 2009 6:00 pm - 8:30 pm
**Fellowship World 1420 Main St., Buffalo 14207	Thurs.	Sept. 24 - Oct. 29 5:00 pm - 7:30 pm
Elderwood Maplewood Commons 151 Bennett Rd., Cheektowaga 14227	Wed.	Oct. 7 - 28; Nov. 4, 11 6 pm - 8:30 pm
PRESENTED IN SPANISH **Asbury Shalom Zone 520 7th St., Buffalo	Wed.	Oct. 7 - 28; Nov. 4, 18, 25 11 am - 2 pm
VA WNY Healthcare System, rm. 1104 3495 Bailey Ave., Buffalo 14215	Thurs.	Nov. 5 - 19; Dec. 3 - 17 4:00 pm - 6:30 pm
Peregrine's Landing 575 Cayuga Creek Rd., Cheektowaga	Thurs.	March 25 - April 29, 2010 10:00 am - 12:30 pm

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

**** Course cost is covered in full by CHF Cultural Diversity Grant funding for those that are uninsured.**

**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
Class listing is also on our website at: erie.gov/depts/seniorservices**

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