

# POWERFUL TOOLS FOR CAREGIVERS

**SIX WEDNESDAYS**

**September 14 – October 19, 2016**

**6:00 – 7:30 pm**

*Are you a caregiver providing assistance to a relative or friend? Please join us for a free-of-charge, award-winning education program that has helped more than 70,000 family caregivers. Our series of six classes will help you:*

- Restore the balance between caring for others and caring for yourself
- Communicate your needs to family and health care providers
- Identify and use community resources more effectively
- Increase confidence in coping with difficult caregiving demands



*Program location:*

Chancery Building  
 One Cathedral Square  
 Providence, RI 02903

*Please call or email by Sept. 6 to register:*

Irma I. Rodriguez  
 401-278-4578

[irodriguez@dioceseofprovidence.org](mailto:irodriguez@dioceseofprovidence.org)

*Space is limited. Please preregister.*

Sponsored by:

Diocese of Providence  
 SPRED



Apostolate for Persons  
 with Disabilities



This program is supported by Catholic Social Services of RI.