

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

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.