



Powerful Tools **FOR** Caregivers

Facilitated by Ellen McCabe RN, CHPN, Director of Professional Education, HopeHealth and Frank Riley, Outreach Coordinator, Elder Services of Cape Cod and the Islands

Are you caring for a spouse, parent, relative, friend?

Powerful Tools for Caregivers is a six-week educational program designed to help family caregivers take care of themselves.

This class will give you, the family caregiver, tools to:

- Reduce stress
- Communicate more effectively
- Take care of yourself
- Reduce guilt, anger and depression
- Help you relax
- Make tough decisions
- Set goals and problem-solve

Tuesdays for six weeks: April 24 — May 29, 2018

10:30 a.m. to 12:30 p.m.

Mashpee Senior Center, 26 Frank E. Hicks Drive, Mashpee

To register call Beth Gilmore, FCSP Program Manager at (508) 394-4630 x450 or email Beth.Gilmore@escci.org. Class size is limited and registration is required.

The class and a copy of the Caregiver Helpbook is FREE!



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HopeHealthMA.org

Presented by Elder Services of Cape Cod Family Caregiver Support Program and Hope Hospice