Join us in this educational program designed to help family caregivers take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, child, friend or someone who lives at home, in a nursing home, or across the country.

**Caregiver Tools Provided:**
- Help you reduce stress
- Communicate effectively
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem solve

The Caregiver Helpbook is included and covers: hiring in-home help, helping memory impaired elders, making legal, financial, and care decisions, understanding depression and making decisions about driving.

**Reduced Cost Thanks To:**
- KSRE Adult Development and Aging Program Focus Team
- Community Foundation of Southeast Kansas


**January 14th – February 18th, 2021**

**Thursdays 1:30-3:00pm**

**Cost: $5**

class size limited

Call your local office with questions or to register over the phone:

- **Sedgwick County**
  - 316-660-0117

- **Southwind District**
  - 620-625-8620

- **Wildcat District**
  - 620-724-8233