

Powerful Tools FOR Caregivers

Thursdays, August 21—September 25, 2025
1:00 – 2:30 pm EST
Negaunee Senior Center
410 Jackson Street, Negaunee, MI

Class size is limited!
Registration ends August 8 or when class is full.

To register visit our website at
www.upcap.org (click on EVENTS)
Or call 2-1-1 for assistance

There is no charge for the workshop.
Class materials are provided.

Workshop is offered in partnership with UPCAP and
Lake Superior Life Care & Hospice



What do participants say about the workshop?

"Because of this workshop I can communicate more effectively and take care of myself. It also increased my ability to cope and improved my attitude for life and caregiving."

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"Thank you so much for helping me feel not so alone."

Powerful Tools for Caregivers—In Person

This 6-week workshop is designed for the non-professional, informal caregiver, and will help you take care of yourself while caring for a parent, spouse, or friend, at home, in a nursing home, or across the country.

This workshop will provide **YOU**, the caregiver, tools to:

- Reduce stress and help you relax
 - Make tough decisions
- Reduce guilt, anger, and depression
- Communicate effectively with family members, your doctor, paid help
 - Take care of yourself
 - Set goals and problem-solve