

## CLASS SERIES TO SUPPORT FAMILY CAREGIVERS

You may not even think of yourself as a caregiver – you’re simply helping someone you love. But when the stresses and difficulties that often come with caregiving become overwhelming, it’s important to take care of yourself too. That’s where Powerful Tools for Caregivers © (PTC) comes in.

Dates: Mondays, April 27 – June 8, 2026 from 3:30 PM – 5:00 PM

Location: Senior Resources of Guilford 1401 Benjamin Parkway, Greensboro NC 27408

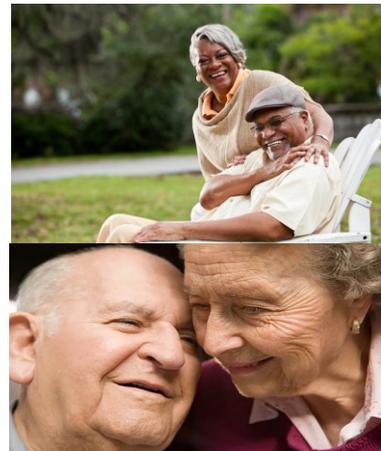
Registration: Brent Howerton 336-373-4816 or [caregiver2@senior-resources-guilford.org](mailto:caregiver2@senior-resources-guilford.org)

**Powerful Tools for Caregivers** classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

This **six-week class series** gives you the confidence and support to better care for your loved one – and yourself.

### ***The classes give caregivers tools to help:***

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better ways to communicate your feelings
- Make tough decisions
- Locate helpful resources



In the class, caregivers receive a free copy of *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address specific caregiver issues.

*“After taking this class I am a more confident caregiver!  
Having tools to resolve problems is a definite advantage in becoming  
a better caregiver and a happier, wiser, healthier me...and a healthier ‘us’!”*  
- PTC Class Participant