

## Feeling stretched caring for a loved one?

This class is designed for you, the family caregiver, with skills you need to take care of yourself.



# Powerful Tools for Caregivers

Taught by Trisha Chadduck, Fargo VA Caregiver Support Program Manager and Amy Gunkelman, Fargo VA Caregiver Support Coordinator. This 6-week series gives you the confidence and support to better care for your loved one, and yourself.

**Mondays, May 4 through June 15**

**(no class 5/25)**

**Time: 12:30—2:00 pm**

**Cost: Free for caregivers of enrolled Veterans**

Classes will be provided virtually. All you need to attend is an email and internet access. A link will be emailed to you once you register. Classes are once a week for 6 weeks. There will be no class on Memorial Day, 5/25.

### You'll Learn To:

- Reduce stress
- Improve self-confidence
- Balance your life
- Better communicate your feelings
- Increase ability to make tough decisions
- Locate helpful resources

When you take care of yourself, everyone benefits.

## TO REGISTER OR ASK A QUESTION:

Call 701-239-3786 or email [trisha.chadduck@va.gov](mailto:trisha.chadduck@va.gov)

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EXTENSION



*Powerful Tools for Caregivers (PTC) is a 501(c)(3) nonprofit. The PTC national office in Portland, OR supports caregivers, Class Leaders, and Master Trainers in the US, Canada, and Korea.*

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