

Powerful Tools for Caregivers

Are you a caregiver looking for ways to increase your knowledge and confidence in this role? Join us for our 6 week training! Participants will receive a caregiver kit at the end of the training!



- **Prevent caregiver burnout**
- **Dementia education**
- **Locate helpful resources**
- **Communicate feelings effectively**
- **Reduce stress**

6-week training

First session starts:

January 18, 2024

12:00pm-1:30pm

@Hualapai Senior Services
587 Canyon View Dr, Peach
Springs, AZ 86434



To register, please contact Hualapai Senior Services, CHW, Breanna Watahomigie: (928) 769-2375 or breanna.watahomigie@hualapai-nsn.gov

Sign-ups end on Monday, January 15th, 2024 at 4:00pm

Powerful tools for Caregivers

Class Schedule

Thursday, Jan. 18th	Taking Care of You
Thursday, Jan. 25th	Identifying & Reducing Personal Stress
Thursday, Feb. 1st	Communicating Feelings, Needs, & Concerns
Thursday, Feb. 8th	Communicating in Challenging Situations
Thursday, Feb. 15th	Learning from Our Emotions
Thursday, Feb. 22nd	Mastering Caregiving Decisions