

Join us for a six-week educational series designed to provide you—the caregiver—with the tools you need to take care of yourself while caring for a loved one.

Powerful Tools for Caregivers

Thursdays, March 14 to April 18, 2019

2:00 - 3:30 p.m.

Skokie Village Hall—Room D

5127 Oakton St., Skokie, IL 60077



You will learn how to:

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

Registration is required. Please RSVP to:

Ben Ellenson: 847.424.5661 or bellenson@nssc.org

Heather Resnick: 847.784.6041 or hresnick@nssc.org