

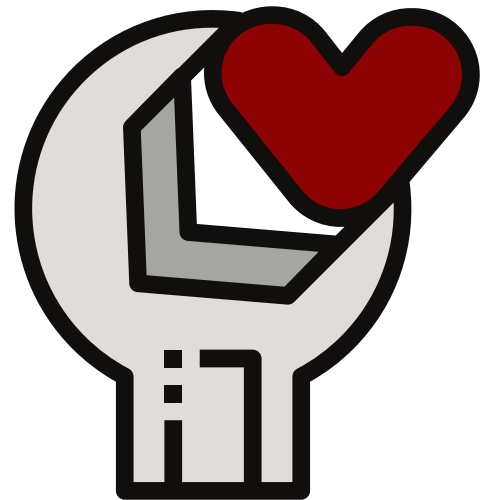


## Powerful Tools for Caregivers

Join us for a six-week educational series designed to provide caregivers the tools they need to take care of themselves while caring for a loved one.

### Learn how to:

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



Space is limited and registration is required. Class workbooks are free, and can be picked up at either NSSC location or mailed out. For additional information or to register, email [CaregiverSupport@nssc.org](mailto:CaregiverSupport@nssc.org) or call 847.784.6040.

**Mondays, Oct. 10 - Nov. 14**

**10:30 a.m. - 12 p.m.**

**via Zoom**