

Powerful Tools FOR Caregivers

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 communicate your feelings
- Make tough decisions
- Locate helpful resources



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

Upcoming class:

May 12th, 2026 – June 16th, 2026

Tuesdays 11am-12:30pm

Royal Plaza of Olympus Living – Fireside Room

Registration Required – Contact Julie Haringa @ 208.799.0389

Bring your lunch and join us!

“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