



Powerful Tools for Caregivers

Free 6-week Program

Tuesdays, Oct. 3, 10, 17, 24, 31 & Nov. 7 (1- 3 pm)

BLACKSTONE LIBRARY

86 Main St., Blackstone, MA 01504

The program is designed to help you take care of yourself while caring for an older adult. Get the tools you need to:

- reduce stress
- communicate effectively
- reduce guilt, anger and depression
- make tough decisions
- set goals
- problem-solve

Sponsored by Tri-Valley Inc. & The Blackstone Senior Center

To register contact

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