



# Powerful Tools for Caregivers

**Free 6-week Program**

**Wednesdays, April 24 to May 29 (1- 3 pm)**

**MILFORD SENIOR CENTER**  
60 North Bow Street, Milford, MA 01757

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

**Assistance with funding respite care is available.**

*Sponsored by Tri-Valley Inc. & The Milford Senior Center*

To register contact

**Laura Black Silver, LICSW, Caregiver Specialist, Tri-Valley Inc.**

**[lblack@tves.org](mailto:lblack@tves.org) 1-800-286-6640, Ext. 3079 or**

**The Milford Senior Center at 508-473-8334**