



Powerful Tools for Caregivers

Free 6-week Program

Thursdays, Sept. 26—Oct. 31, 2019 (1- 3 pm)

Franklin Senior Center

10 Daniel McCahill Street, Franklin, MA 02038

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 Franklin Senior Center

To register contact

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