

Powerful Tools for Caregivers

This 6-week series will help caregivers:

- Reduce stress
- Improve self-confidence
- Balance their life
- Better communicate their feelings
- Make tough decisions
- Locate helpful resources



Mondays, 10/18/2021 to 11/22/2021

Must attend all 6 sessions

1–3 pm

To register contact:

Alicia Altizio, Alicia.altizio@dfa.state.ny.us

(518)746-2300 ext. 3403

Jodie Smith, Jodie.smith@dfa.state.ny.us

(518)746-2342

Caregivers must have their own computer with webcam, microphone, and internet.

By taking care of your own health and well-being, you become a better caregiver. Six class sessions held once a week are led by experienced class leaders.

Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources.

This program is sponsored in part by a grant from the NYS Dept. of Health and through Federal, State, and Local funds through the New York State Office for Aging. Offered in collaboration with the following programs:



Office for Aging and Disability Resource Center

383 Broadway - Port Edward, NY 12828

TELEPHONE: (518) 746-2420 or 1-800-848-3303

FAX: (518) 746-2418 or 746-2571

www.co.washington.ny.us



NY Connects
Your Link to Long Term Services and Supports

