

# Powerful Tools for Caregivers

A free 6-week educational program to help family caregivers take care of themselves while caring for a relative or friend.



## This class will give you tools to:

- Help you reduce stress
- Communicate effectively with other family members & your doctor
- Take care of yourself
- Reduce guilt, anger & depression
- Help you relax
- Make tough decisions
- Set goals & problem solve

## Registration Information:

**When:** Fridays, March 4, 2011 to April 8, 2011

**Time:** 1:00 p.m. to 3:30 p.m.

**Where:** Belhaven University — West Houston

**RSVP:** Kristen Griffith, 713.314.1313 or [kristen.griffith@alz.org](mailto:kristen.griffith@alz.org)

*Class size is limited & registration is required*

For more information, visit [www.alz.org/texas](http://www.alz.org/texas)

Presented by:

**alzheimer's  association®**

Houston & Southeast Texas Chapter

In Partnership with: The Plaza at the Buckingham & Interface-Samaritan Counseling Centers, Inc.

Refreshments Provided by: Cinco Ranch Alzheimer's Care Center & Colonial Oaks—Katy