

Powerful Tools for *Caregivers*

A **FREE** educational program designed to help family caregivers take care of themselves while caring for a family member/relative or friend.

A six-week educational program designed to provide caregivers the tools needed for taking care of themselves is now being offered. Through six 2 1/2 hour sessions held on a weekly basis, caregivers learn to reduce stress, improve self-confidence, better communicate feelings, and locate helpful resources. Attendees learn how to increase their ability to make decisions and balance their lives.

Mount Sinai Rehabilitation Hospital 490 Blue Hills Ave Hartford, CT 06112	10:00 am- 12:30 pm	Thursdays May 2, 2019 – June 6, 2019
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Pre-Registration is required: contact Paige McCullough-Casciano, CTRS at
860-714-2421 or pmccullo@stfranciscare.org



Mount Sinai
Rehabilitation Hospital
Trinity Health



**For more information on additional classes being offered throughout the state contact:
Todd A. Johnston of the CT Chapter, United Spinal Association
at (860) 558-7384 or e-mail: taj_mlj@yahoo.com.**