

Powerful Tools for Caregivers

Are you taking care of an adult relative, partner, friend or parent? We understand how difficult caregiving can be and the many challenges it holds. Powerful Tools for Caregivers gives you the skills to care for yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. We hope that by taking this 6-week workshop, caregivers will be able to better manage emotions, increase self-confidence and self-care behaviors, and use local resources.

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The best thing I got out of the workshop was a sense of community. Knowing there are others who face similar challenges, gives you hope to continue facing yours.

- Paula, PTC Graduate

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Tuesdays, August 10 - September 14

5:30 - 7:00 p.m.

1550 W. Craig Rd. Suite 250
N. Las Vegas, NV 89032
or via Zoom

To register, call 702.616.4912

Thursdays, August 19 - September 23

9:30 - 11:00 a.m.

2945 Ft Churchill Rd
Silver Spings, NV 89429

To register, call 775-577-5009 ext.
3324 or 4307



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