

**Powerful Tools for Caregivers** classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

***The classes give you tools to help:***

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources



This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

In the class, caregivers receive *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address specific caregiver issues.

Lower Savannah Council of Governments will be hosting a class via Zoom (a video conferencing platform) each Tuesday from Feb. 16 through Mar. 30. The classes will be from 2-3:30 p.m. It is **free!** If you would like more information or would like to sign up for the class, you can call Alanna Berrie at 803-508-7098 or email at [aberrie@lscog.org](mailto:aberrie@lscog.org).

*\*Space is limited\**

*"After taking this class I am a more confident caregiver!  
Having tools to resolve problems is a definite advantage in becoming  
a better caregiver and a happier, wiser, healthier me...and a healthier 'us!'"*

- PTC Class Participant