

Powerful Tools for Caregivers 2018 Schedule

Dates: Fridays, May 4 through June 8, 2018

Time: 1:00 – 3:00 pm

Location: Elizabeth Seton Center

1900 Pioneer Avenue

Pittsburgh, PA 15226

Dates: Fridays, June 22 through July 27, 2018

Time: 1:00 – 3:00 pm

Location: Plum Senior Center

499 Center New Texas Rd.

Pittsburgh, PA 15239

Dates: Fridays, October 5 through November 9, 2018

Time: 1:00 – 3:00 pm

Location: Mon Valley Senior Center/LifeSpan

4313 Walnut Street, Ste. 370

McKeesport, PA 15132

Caregivers should plan to attend all 6 sessions

- Session 1 Taking Care of You
- Session 2 Identifying and Reducing Personal Stress
- Session 3 Communicating Feelings, Needs, and Concerns
- Session 4 Communicating in Challenging Situations
- Session 5 Learning from Our Emotions
- Session 6 Mastering Caregiving Decisions

Classes are free, but **registration is required.**

Email or call at Brenda.slagle@alleghenycounty.us or 412-350-4996