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## Caring for the Caregiver

Date and Time

Weekly on Thursday 1:00 to 2:00pm for 6 times

Event URL

[Register](#)

Event Region

Statewide

Event Type

Class - Workshop

RSVP Info

Call 804-877-4000 for more information

Event Cost

\$0.00

Event Description

Image

# Caring for the CAREGIVER

A six-week program to learn skills  
to care for yourself while caring  
for your loved one



Caregivers play an important role in their loved one's recovery, and we want to support your well-being and success along the way.

**Powerful Tools for Caregivers** is a six-week class series held once a week. This program will give you the skills to take care of yourself while caring for your loved one. By taking care of your own mental and physical health, you can be a better caregiver.

**When:** Each Thursday from January 16 through February 20

**Where:** Sheltering Arms Institute (2000 Wilkes Ridge Dr., Richmond, VA 23233) or virtually via Microsoft Teams

**Cost:** Free

- Below are some of the helpful strategies that will be covered:
- Reduce stress
- Improve self-confidence
- Manage time, set goals & problem solve
- Better communicate feelings
- Access community resources
- Make tough decisions

Participants will receive a caregiver resource guide. To learn more about the Caregiver Program, visit: [powerfultoolsforcaregivers.org](http://powerfultoolsforcaregivers.org).

Event Image or Sponsor Logo

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