

Caregivers, take advantage of this supportive environment covering a comprehensive array of topics and self-care tools!

Powerful Tools **FOR** Caregivers

The Powerful Tools for Caregivers (PTC) series is comprised of 90-minute classes offering supportive environment covering a comprehensive array of topics and self-care tools designed to help:

- reduce personal stress
- change negative self-talk
- communicate more effectively in challenging situations
- manage your emotions
- make tough caregiving decisions
- better understand dementia

Previous participants have found the learned program tools improve relaxation and exercise habits, as well as their physical and mental well-being. The tools also helped them better manage their emotions, increased confidence in their ability to meet caregiving demands, and improved their ability to seek out and utilize community resources.

Our goal is to improve the lives of caregivers (and, ultimately, their care recipients) through outreach, conversation, training and resources.

PROGRAM
PRESENTED
COURTESY OF

**Howard County**
Office on Aging and Independence

www.howardcountymd.gov/aging-independence

If you need this information in an alternate format, or need accommodations to participate, contact Maryland Access Point of Howard County at 410-313-1234 (voice/relay).

2025 FALL SCHEDULE

East Columbia 50+ Center

6610 Cradlerock Way, Columbia 21045

September 15 THROUGH **October 27**

2:30 to 4:00 pm

(No Class October 13 for Holiday)

— **SIX CONSECUTIVE MONDAYS** —

Register now at bit.ly/HoCo-PTCEast

Ellicott City 50+ Center

9411 Frederick Rd., Ellicott City 21042

October 1 THROUGH **November 5**

6:00 to 7:30 pm

— **SIX CONSECUTIVE WEDNESDAYS** —

Register now at bit.ly/HoCo-PTCEllicott

Don't miss the chance to attend these in-person classes for the best interactive experience with other caregivers!

If someone you know is a caregiver, encourage them to take advantage of this FREE training opportunity. Contact Kathy Wehr for more information about the Powerful Tools program!

— FOR MORE INFORMATION OR TO REGISTER —

Kathy Wehr

CAREGIVER SUPPORT PROGRAM MANAGER

410-313-5955 (VOICE/RELAY) • kwehr@howardcountymd.gov