



A World Where Aging is Honored
CVCOA Helpline 1-800-642-5119

FOR IMMEDIATE RELEASE

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**Feeling Overwhelmed as a Family Caregiver?
Powerful Tools for Caregivers Teaches Coping Skills**

Cambridge, VT (August 12, 2019) Are you caring for a spouse with dementia, an aging parent, or an ill family member? Or are you now raising your grandchildren? Is the stress of caregiving taking its toll on your health or your relationships? Then *Powerful Tools for Caregivers* is for you!

Powerful Tools for Caregivers is a 6-session class designed to provide you with the tools you need to take good care of yourself. This program helps family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions, and locate helpful resources. Action planning with an emphasis on self-care is an important part of the program.

Participants receive a copy of *The Caregiver Helpbook*, developed specifically for the class. As one caregiver reflected, participating in *Powerful Tools* made her more “confident and positive” in her role and better able to provide care “... with help. I realize I don’t have to do it alone.” You don’t have to do it alone either!

Powerful Tools for Caregivers is coming to Cambridge in September! The class will be presented over six consecutive Mondays, 2-4 pm September 16th - October 21st at the Cambridge Health Center, 272 North Main St. Cambridge. The class is free but donations to CVCOA are welcome and appreciated.

To register, contact Christine Melicharek at cmelicharek@cvcoa.org or call 802-888-1393. We expect this class to fill up, so call now! We are also glad to take information and contact you about future offerings.



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Central Vermont Council on Aging (CVCOA) supports Central Vermonters to age with dignity and choice in 54 central Vermont towns. Visit the CVCOA website at www.cvcoa.org or call the CVCOA Helpline at 1-800-642-5119 for assistance. CVCOA's main office is located at 59 N. Main Street, Suite 200 in Barre; regional offices are in Morrisville, Randolph, South Royalton, and Rochester.

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