

FOR IMMEDIATE RELEASE

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**Feeling Overwhelmed as a Family Caregiver?
Powerful Tools for Caregivers Teaches Coping Skills
Available Online this Summer**

Barre, VT (June 17, 2021) 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.

***Powerful Tools for Caregivers* will be offered online this summer by Central Vermont Council on Aging in partnership with Southwestern Vermont Council on Aging, facilitated by two experienced class leaders. It will be held on Zoom over six consecutive Fridays, July 16th through August 27th, from 2:00-3:30 p.m. The class is free but donations to CVCOA and SVCOA are welcome and appreciated.**

As one caregiver reflected, participating in *Powerful Tools* made her more “confident and positive” in her role and better able to provide care “...(W)ith help. I realize I don’t have to do it alone.” You don’t have to do it alone either!

Registration is required by July 8th. For registration information, please contact Barb Asen, Family Caregiver Support Director, at basen@cvcoa.org or call 802-476-2681. We expect this class to fill up, so call now! We are also glad to take information and contact you about future offerings, both online and in-person, as each are scheduled.

Central Vermont Council on Aging (CVCOA) supports Central Vermonters to age with dignity and choice. We serve 54 central Vermont towns, from our main offices located at 59 N. Main Street, Suite 200 in Barre with other regional offices located in Morrisville, Randolph, South Royalton, and Rochester. For assistance, visit the CVCOA website at www.cvcoa.org or call the CVCOA Helpline at 1-800-642-5119.