Do you care for a friend or family member?

Learn how to balance caring for yourself while caring for others!

Thursdays, June 1-July 13
(no class June 22)
5:00 - 7:00 pm
Gifford Medical Center
Randolph, VT

Suggested Donation $30

In this 6 week course, we will share ways to:

• Help reduce stress
• Set goals & solve problems
• Care for yourself & relax
• Reduce guilt & depression
• Communicate your needs
• Make tough decisions

All participants will receive The Caregiver Helpbook

Call Barb Asen at CVCOA (802) 476-2681 to register.