Do you care for a friend or family member?

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

Fridays, Feb. 2 - March 9
2:00 pm - 4:00 pm
Waterbury Area Senior Center
12 Stowe Street, Waterbury

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.