

# A DYNAMIC, EVIDENCE-BASED PROGRAM FOR CAREGIVERS



**A**re you a caregiver, or do you know someone who is?

The Baltimore City Division of Aging & CARE Services Family Caregivers Program is excited to introduce Powerful Tools for Caregivers (PTC), an evidence-based program designed with the caregiver's well-being in mind.

This six-week series of 90-minute classes offers caregivers opportunities to explore a variety of self-care tools in a supportive environment, designed to help you:

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

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.

**If you or someone you know is a caregiver, we encourage you to register today!** Our goal is to improve the lives of caregivers (and ultimately their care recipients) through outreach, conversation, training and resources.

If you need this information in an alternate format, or need accommodations to participate, contact Maryland Access Point at 410-396-CARE (2273)

## Powerful Tools FOR Caregivers

2021 PROGRAM SCHEDULED

March 2 through April 6

11:00 to 1:00 PM Every Tuesday

**All Classes will be held online.**

You can use your smartphone or computer to participate.

FOR MORE INFORMATION OR TO REGISTER  
Jose Jimenez, Crystal Pope or Jazmine Adams  
410-396-1337

Space is limited to a maximum of 15 people. Registration is base on first come bases so please register early to secure your spot.

**This is a free class.**

To register please go to our website

<https://health.baltimorecity.gov/powerful-tools-caregivers>

or scan the QR code below with your mobile QR code app.

You may also call our office 410-396-1337



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