

## Senior Services

Funded under an award with Trellis as  
part of the Older Americans Act



## ♥ POWERFUL TOOLS FOR CAREGIVERS: Adults with Chronic Illness

**What:** JFCS will host a six-week class, “Powerful Tools for Caregivers.” The class is designed to provide you with a wealth of self-care tools that will help you take care of yourself while taking care of others. You will learn to reduce stress, improve your self-confidence, bring more balance to your life, better communicate your feelings, and increase your ability to make tough decisions. The class is open to people from the Jewish and broader community.

**When:** Tuesdays, Jan. 17 through Feb. 21  
10 to 11:30 a.m.

**Where:** This class will meet online via Zoom  
Zoom link will be emailed to participants following registration

**Who:** Facilitated by Lindsay Kant, LGSW, and Tabitha Benci DeRango

**Register:** Register now by Friday, Jan. 13, at [jfcsmpls.org/events](http://jfcsmpls.org/events)  
or by calling 952-417-2116



*There is no charge to participate; suggested voluntary contributions of \$25 are appreciated. Limited to 10 participants.*