**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, May 9 through June 13
10 to 11:30 a.m.

**Where:** This class will meet in person at JFCS
5905 Golden Valley Road, Golden Valley, MN 55422

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

**Register:** Register now by May 5, at 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.*