

Senior Services

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♥ 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.