

Senior Services

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

in partnership with



## **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:**..... **Mondays, October 2nd to November 6th**  
10 to 11:30 a.m.

**Where:**..... **This class will meet in person at the Minnesota JCC Sabes Center**  
4330 Cedar Lk Rd S, Minneapolis, MN 55416

**Who:**..... **Facilitated by** Lindsay Kant, LGSW; Irina Yakusheva;  
Jennifer Koontz, MS

**Register:**..... **Register now 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.*