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 or by calling 952-417-2116

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