

Senior Services



♥ 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, January 28 – March 4
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, LICSW, and Tabitha Benci DeRango

Register:... Register now by Jan. 21 at jfcsmpls.org/events or by calling
952-417-2116



There is a \$15 charge to participate. No one will be turned away due to inability to pay. Limited to 10 participants.