



Powerful Tools for Caregivers

Free 6-week Program

Tuesdays, Sept. 27, Oct. 4,11,18,25, Nov. 1, 2016 (1- 3 pm)

WHITIN COMMUNITY CENTER
60 Main Street, Whitinsville, MA 01588

The program is designed to help you take care of yourself while caring for an older adult. Get the tools you need to:

- reduce stress
- communicate effectively
- reduce guilt, anger and depression
- make tough decisions
- set goals
- problem-solve

Sponsored by Tri-Valley Inc. & The Whitin Community Center

Please contact to register by September 20, 2016
Laura Black Silver, LICSW, Caregiver Specialist, Tri-Valley Inc.
lblack@tves.org 1-800-286-6640, Ext. 3079 or
The Member Desk at the Whitin Community Center 508-234-8184
Respite Assistance Available Upon Request