



# Powerful Tools for Caregivers

SEK Assistive Technology

1714 Main Street, Parsons, KS

May 3-June 7, 2022

Tuesdays 4:00-5:30pm

Cost: \$5

This 6 week course is designed to assist family caregivers in taking care of themselves while caring for a loved one. Information shared will benefit those helping a parent, spouse, child, friend and someone who lives at home, in a nursing home, or across the country.

## Caregiver Tools Provided:

- Help you reduce stress
- Communicate effectively
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem solve

The Caregiver Helpbook is included and covers additional information.

## Special Thanks To:

- Community Foundation of Southeast Kansas
- Southeast Kansas Assistive Technology

Call 620-378-2167 with questions or to register over the phone.

**K-STATE**

Research and Extension

Wildcat District



Register  
Here

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.



communityfoundation  
of SOUTHEAST KANSAS