

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from the class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country. This class series meets once a week for six weeks.

Class size is limited and registration is required – call the number listed by the class you wish to attend.

** There is no cost for the class, however there is a suggested donation of \$30 to help defray the cost of the book. The donation is not required in order to attend the class.*

Class Location	Class Dates and Times	Call to Register
Affinity at Loveland 3415 N. Lincoln Avenue Loveland, 80538	January 28 – March 3 Tuesdays 2:00 – 4:00 p.m.	(386) 847-4551
Windsor Recreation Center 250 11 th Street Windsor, 80550	February 11 – March 17 Tuesdays 1:00 – 3:00 p.m.	(970) 495-8560
Estes Valley Library 335 E. Elkhorn Avenue Estes Park, 80517	March 12 – April 16 Thursdays 10:00 a.m. – 12:00 p.m.	(970) 586-8116
Elderhaus 6813 S. College Avenue Fort Collins, 80525	March 18 – April 22 Wednesdays 1:00 – 3:00 p.m.	(970) 221-0406
St. John's Lutheran Church 305 E. Elizabeth Street Fort Collins, 80524	April 14 – May 19 Tuesdays 1:00 – 3:00 p.m.	(970) 495-8560

For more information, contact Lynette McGowan, Family Caregiver Support Program Coordinator at the Larimer County Office on Aging at 970-498-7758 or lmcgowan@larimer.org