

# POWERFUL TOOLS FOR CAREGIVERS



## Powerful Tools

is a FREE six-week educational program. Caring for someone with a chronic disease can be stressful physically, emotionally, and financially. Join us to learn how you can improve your coping skills.

- Balance your life
- Reduce stress
- Improve self confidence
- Better communicate your feelings
- Locate helpful resources in the community

**Tuesdays, April 30<sup>th</sup> thru June 4th**  
**2:00-3:30PM**

Hill Public Library, 30 Crescent Street, Hill NH

**Free to attend, registration required. Call 225-3295 ext. 1137**



**COMMUNITY ACTION PROGRAM**

2 Industrial Park Drive, Concord, NH 03301

(603)225-3295 x. 1137 | [asporcic@bm-cap.org](mailto:asporcic@bm-cap.org) | [www.bm-cap.org](http://www.bm-cap.org)