

Feeling Stretched?

Caring for someone with a chronic illness such as dementia, heart disease, Parkinson's disease or stroke can be stressful physically, emotionally and financially.



Balance Your Life

STILL TIME TO ENROLL!!

Powerful Tools for Caregivers Classes

**Are you a family caregiver?
Do you know someone who is?**

New dates to enroll in a **FREE six-week educational program to help caregivers:**

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Balance caregiving responsibilities
- Increase the ability to make tough decisions
- Locate helpful resource

Classes will be held every Wednesday
April 17, 2019 – May 22, 2019
1:00 PM to 3:30 PM

Sullivan County ServiceLink
224 Elm Street
Claremont NH, 03743

Sponsored by Sullivan County ServiceLink
Please register by Wednesday, April 10, 2019
603-542-5177



The New Hampshire Family Caregiver Support Programs was established as a result of the Older Americans Act Amendments of 2000, Older Americans Act, as amended, Public Law 106-501, Title III, Parte E, which established the National Family Caregiver Support Program funded by the Federal Administration on Aging funded through 75% Federal and 25% State General funds