



# POWERFUL TOOLS FOR CAREGIVERS

Central Pines & Powerful Tools are pleased to offer a virtual class beginning May 5, 2026 and meeting each Tuesday through June 9, 2026 at 1:00 pm.



6 Weeks  
every Tues.



1:00 pm



May 5 - June 9

## In just 6 weeks, you'll learn

### how to:

- Reduce stress
- Change negative self-talk
- Communicate your needs effectively
- And more!

## REGISTRATION DETAILS:

To register or learn more, contact Jennifer Link at [jlink@centralpinesnc.gov](mailto:jlink@centralpinesnc.gov) or 919-558-9391.

Powerful Tools is offered at no fee and class materials will be provided thanks to funding from the National Family Caregiver Support Program.



**CENTRAL PINES**  
REGIONAL COUNCIL  
AREA AGENCY ON AGING

Powerful Tools for Caregivers is an Iowa State University-owned program delivered locally by Central Pines Area Agency on Aging.