After attending the six-week **Powerful Tools for Caregivers** series, you will know how to:

- Reduce personal stress
- Improve self-confidence
- Balance commitments
- Make tough decisions
- Communicate your needs to family members and service providers
- Deal with difficult feelings and challenging situations
- Learn about community resources
- Take better care of your family member
- Take better care of yourself

**Local Contact Information**

[montanaptc.org](http://montanaptc.org)