

Powerful Tools for Caregivers

By Taking Care of Your Own Health and Well-Being, You Become a Better Caregiver

This **Powerful Tools for Caregivers** workshop is a six-week educational program designed to build the skills unpaid caregivers need to take better care of themselves while caring for an adult family member or friend.



Program Details

Class meets in person once a week for 6 weeks.

Dates:

Wednesdays
April 15 – May 20, 2026
5:00 pm - 6:30 pm

Location:

Burlington Council on Aging
61 Center Street
Burlington, MA 01803

Cost:

FREE, but space is limited!
Registration is required.

To Register:

Contact the Burlington Council on Aging at (781) 270-1950

The Powerful Tools for Caregivers workshop will help you:

- Reduce stress
- Improve self-confidence
- Increase self-care behaviors such as exercise and relaxation
- Effectively communicate in challenging situations
- Locate helpful community resources

Please let us know if caring for a loved one is a barrier to attending the workshop. We may be able to help.

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