

Powerful Tools for Caregivers

*For Caregivers of Adults with
Chronic Conditions*

The **Powerful Tools for Caregivers** workshop is a six-week class series which gives caregivers support and confidence to take better care of their own health and well-being while they care for a family member or friend.

The Powerful Tools for Caregivers workshop will give you tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals and solve problems
- Effectively communicate in challenging situations
- Make difficult decisions
- 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.



Program Details

Class meets in person once
a week for 6 weeks.

Dates:

Wednesdays
Sept 30 - Nov 4, 2026
10:00 am - 11:30 am

Location:

Wilmington Senior Center
130 Main Street
Wilmington, MA 01887

Cost:

FREE, but space is limited!
Registration is required.

To Register:

Contact the Wilmington Senior
Center at (978) 657-7595

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Powerful Tools for Caregivers Frequently Asked Questions

The Powerful Tools for Caregivers program is a six-week, evidence-based workshop for people actively caring for an adult relative or friend with chronic conditions. Participants will learn how to be a more effective caregiver while also taking care of themselves.

Q: Is this a support group?

A: No. It's an educational workshop where you will gain information and build skills. There is time for sharing your experiences with caregivers, and you will feel supported.

Q: Can I bring my care recipient to class?

A: No. This time is for You. Please ensure your care recipient is cared for safely so you can fully participate in the workshop. Please let us know if caring for your loved one is a barrier to attending the workshop. We may be able to help.

Q: Can I register with my siblings/parent/spouse who is also caring for my relative or friend?

A: Yes! We've had a daughter and father come together who both were caring for her mother and his wife. It helped them to work together and support each other. Siblings can come together, or any combination of people caring for an adult.

Q: I don't live with my care recipient, but sometimes I help care for them. Is this workshop for me?

A: Yes! You do not need to live with the care recipient.

Q: I am the caregiver of a child with chronic conditions. Is this class for me?

A: No. This workshop is designed for caregivers of adults with chronic conditions.

Q: I am a professional caregiver who takes care of an adult with chronic conditions. Is this class for me?

A: No. This workshop is only for family or friend caregivers.

Q: Do I have to attend all six sessions?

A: You will get the most benefit from the workshop if you attend all the sessions. We understand that as a caregiver, sometimes things come up. However, we often have a waitlist of caregivers who want to attend this workshop, so we ask you to plan ahead and make every effort to come to as many sessions as possible.

Q: Is there a cost to attend?

A: No. Thanks to grants and other funding, we are able to offer this workshop free of charge. However, as a non-profit organization we welcome voluntary, tax-deductible donations in support of our Healthy Living Program.

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