

Powerful Tools for Caregivers

Caregiving can be a challenge, but it's easier when you're prepared.

Laurel Cove Community is offering a complimentary 6-week in person class.

Powerful Tools for Caregivers is an accredited class that supports caregivers providing tools for taking care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver.

Class Covers:

- Reduce Stress
- Improve Self-Confidence
- Manage Time, Set Goals, & Solve Problems
- Communicate in Challenging Situations
- Make Tough Decisions
- Locate Helpful Resources

Six
90-Minute
Classes





Dates & Times

Wednesday	July 27 th	2:00 PM	•	Wednesday	AUG 17 th	2:00 PM
Wednesday	Aug 03 rd	2:00 PM	•	Wednesday	Aug 24 th	2:00 PM
Wednesday	Aug 10 th	2:00 PM	•	Wednesday	Aug 31 st	2:00 PM



Pauline Smith Class Host and Facilitator

Pauline was born and raised in the Everett, WA area by her Grandmother and has worked with seniors for more than 30 years. Pauline has been an Assisted Living/Memory Care Executive Director for 20 years. With a passion for those with dementia, Pauline became a Powerful Tools for Caregiver Class Facilitator as well as a Best Friends™ Approach Master Trainer.



RSVP Today!

206.903.1047 or
EncoreCommunities.com/Caregivers

Encore Communities Laurel Cove

17201 15th Ave NE, Shoreline, Washington 98155