

Who takes care of YOU?

Powerful Tools for Caregivers

Fridays

10:00 - 11:30 am

Jul 17 - Aug 21, 2026



Try this free 6 week self care class for family caregivers.

JOIN US AS WE LEARN TO:

- Access valuable resources and connect with other caregivers
- Reduce stress, guilt, anger and depression
- Communicate effectively with family members, doctors, or other help
- Take care of ourselves, relax, set goals and problem solve

Co-sponsored by:



Catholic Charities
Southwestern Ohio

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📍 New Life @ New Day Center
6690 Ruwes Oak Dr, 45248

TO REGISTER CALL (513) 331-4324
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