



# Powerful Tools for Caregivers

**Take care of yourself so you can help the transplant recipient!**

## Where:

NKFM Ann Arbor Office  
1169 Oak Valley Drive  
Ann Arbor, MI 48108

## When:

Thursdays at  
5:30 - 7:00pm

## Sessions 1-6

February 20 and 27  
March 5, 12, 19, and 26

## To register contact:

734-222-9800 or  
PATHprograms@nkfm.org

During registration, please indicate if you need special accommodations in order to participate. Since this is a full six-week workshop, new participants are unable to join after week 2.

Powerful Tools for Caregivers (PTC) is designed to help caregivers take care of themselves while caring for someone else. Transplant recipients require support before and after the transplant. Making sure you take care of yourself will help you and your loved one.

## Learn how to:

- Decrease stress and learn to cope with difficult emotions
- Increase confidence in managing caregiving demands
- Communicate better with your family, friends, and healthcare providers
- Set goals and problem-solve



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Powerful Tools  
**FOR** Caregivers