

# Powerful Tools for Caregivers

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

## ***Distance Learning***



### **Where:**

Zoom Video Conference  
(requires a computer or  
device with internet access)  
*Meeting link will be sent to  
registered participants*

### **When:**

Wednesdays from 4:00-  
5:30pm

### **Information Session:**

October 7 from 4-4:30pm

### **Sessions 1-6**

October 14, 21, 28  
November 4, 11, 18

### **To register contact:**

PATHPrograms@nkfm.org or  
call 800-482-1455

This workshop is offered at  
no cost to participants.

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.

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

### **Learn how to:**

- Decrease your stress
- Plan for the future
- Take better care of your own health
- Get help you need from others
- Communicate better with your family, friends and health care team

