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

The Powerful Tools for Caregivers (PTC) is a part of Michigan Medicine's Regional Health Goals (R2G) initiative. The initiative is sponsored by the National Kidney Foundation of Michigan and the National Kidney Foundation.