



ALLEGHENY COUNTY

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Area Agency on Aging Offers Free Education Series: *Powerful Tools for Caregivers*

PITTSBURGH – The Department of Human Services Area Agency on Aging (AAA) is offering a free six-week education series, *Powerful Tools for Caregivers*. This series is for nonprofessional caregivers and is designed to educate them about self-care. Topics include: Taking Care of You; Identifying and Reducing Personal Stress; Communicating Feelings, Needs, and Concerns; Communicating in Challenging Situations; Learning from our Emotions; and Mastering Caregiving Decisions. Participants must be present for all six sessions.

All sessions are scheduled on Fridays from 1 to 3 p.m. and will be held on the following dates and locations:

May 4 through June 8, 2018

Elizabeth Seton Center
1900 Pioneer Avenue
Pittsburgh, PA 15226

June 22 through July 27, 2018

Plum Senior Community Center
499 Center New Texas Road
Pittsburgh, PA 15239

October 5 through November 9, 2018

Mon Valley Senior Community Center
4313 Walnut Street, 370
McKeesport, PA 15132

Registration is required, and space is limited. For more information or to register, call 412-350-4996.

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Marc Cherna, Director

Department of Human Services – Office of Community Relations

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