



# ALLEGHENY COUNTY

ALWAYS INSPIRING

**FOR IMMEDIATE RELEASE**

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## **Area Agency on Aging Offering Free Program for Caregivers To Help Manage Stress**

**PITTSBURGH** – Caring for an older adult family member can be stressful and a strain on a caregiver's health. The Allegheny County Department of Human Services Area Agency on Aging (AAA) is offering a free six-week program, *"Powerful Tools for Caregivers,"* for family caregivers to help learn how to take care of themselves. 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.

**Carnegie Library of Pittsburgh-Carrick**

ADDRESS: 1811 Brownsville Rd. Pittsburgh, PA 15210

TIMES: 12:30 PM to 2:30 PM

DATES: March 20, 27 and April 3, 10, 17, 24

**Riverview Community Action Corp**

ADDRESS: 501 2<sup>nd</sup> St. Oakmont, PA 15139

TIMES: 12:30 PM-2:30 PM

DATES: May 1, 8, 15, 22 and June 5, 12

**Turtle Creek Senior Center/Eastern Area Adult Services**

ADDRESS: 519 Penn Avenue. Turtle Creek, PA 15145

TIMES: 12:30 PM-2:30 PM

DATES: July 10, 17, 24, 31 and August 7, 14

**Plum Senior Center**

ADDRESS: 499 Center New Texas Rd. Plum, PA 15239

TIMES: 12:30 PM-2:30 PM

DATES: August 21, 28 and September 4, 11, 18, 25

Registration is required, and space is limited. For more information or to register, call 412-350-5051 or [jacqueline.musgrove@alleghenycounty.us](mailto:jacqueline.musgrove@alleghenycounty.us)

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Marc Cherna, Director

**Department of Human Services – Office of Community Relations**

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[www.alleghenycounty.us](http://www.alleghenycounty.us)

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