



Managing Stress for Family Caregivers

April 27, 2016

(9:00-Noon)

What You Will Learn:

**to Identify the Sources of Stress in your Life
to Change Negative Self-Talk to Positive
Stress Management Skills**

Problem Solving and Effective Communication for Caregivers (1:00-4:00 pm)

What You Will Learn:

**a 5-step approach to Problem Solving
to Apply these 5-steps to a Problem You are Facing
to Communicate Assertively
Communication Skills**

**Location: Iowa Works, 3 Triton Circle
Fort Dodge, Iowa 50501**

Please call now to register: Sara Gustason at (515)699-5531

