Powerful Tools FOR Caregivers

FREE!

Enroll now for Virtual Workshops!

Tuesday, November 17th @ 4pm | Saturday, November 21st @ 8:30am
Tuesday, November 24th @ 9am | Wednesday, November 25th @ 9am

Call today for more information or visit www.ripin.org/chn | 401-432-7217

Are you a caregiver helping a relative or friend? Please join us for a free virtual, award-winning educational program.

Our series of six classes will help you:

- Balance between caring for others and caring for yourself
- Communicate your needs to family and healthcare providers
- Identify and use community resources more effectively
- Increase confidence in coping with difficult caregiving demands

Community Health Network

Your connection to low-cost health programs

401-432-7217 • ripin.org/chn

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RHODE ISLAND DEPARTMENT OF HEALTH