



# **THE ARK OF SC**

## **POWERFUL TOOLS FOR CAREGIVERS IN-PERSON**

### **CLASS FOR FAMILY CAREGIVERS**

**POWERFUL TOOLS FOR CAREGIVERS (PTC) CLASS SERIES IS AN IN-PERSON EDUCATIONAL PROGRAM** DESIGNED TO HELP FAMILY CAREGIVERS TAKE CARE OF THEMSELVES WHILE CARING FOR A RELATIVE OR FRIEND WHO HAS A CHRONIC ILLNESS. YOU WILL BENEFIT FROM THIS CLASS WHETHER YOU ARE HELPING A PARENT, SPOUSE, OR FRIEND WHO LIVES AT HOME, IN A LONG-TERM CARE FACILITY, OR ACROSS THE COUNTRY.

**THIS PTC CLASS SERIES MEETS WEEKLY ON TUESDAY FOR SIX WEEKS BEGINNING JANUARY 21, 2025**

**DATE: TUESDAY, JANUARY 21, 28, FEBRUARY 4, 11, 18 & 25, 2025**

**TIMES: 1:00 PM - 2:30 PM**

**LOCATION: TRIDENT AREA AGENCY ON AGING  
5895 CORE ROAD, #419  
NORTH CHARLESTON, SC 29406**

**TO REGISTER: THE ARK  
JAN HYATT  
843-822-4703 (CELL)  
843-471-1360 (OFFICE)**



**COST: WORKSHOP IS FREE**