

Caregiver Toolbox

Presented by
Tri-County
Caregiver
Resource
Center



Helping you get the right tools for the job!

Part 1: Tools for Taking Care of Your Head, Heart, and Spirit

The First Monday of the Month, 2-4pm, will be geared towards education, training, and workshops:

- Proactive planning for what happens next
- Making life easier to the caregiver and care receiver
- Building your support system
- Receiving encouragement and setting positive goals
- Setting your boundaries
- Exchanging tricks of the trade caregiving
- Learning about resources, problem-solving and brainstorming
- Overcoming resentment, anger, and fear

Part 2: Tools for Taking Care of You

The Third Monday of the Month, 2 sessions - 2:00 and 3:15pm, sessions are \$5, your first class is free. This meeting will be solutions for taking better care of yourself:

- Yoga
- Aromatherapy
- Massage
- Acupuncture
- Herbal
- Reflexology
- Natural Supplements
- Laughing Yoga
- Meditation For Sleep
- Chinese Medicine
- Nutrition
- Stretches



First Monday's Meeting:
Buffalo Crossings
3890 Woodridge Dr, 32162
RSVP - 352-674-4700

September 4 - Buffalo Crossings
November 6 - Buffalo Crossings



First Monday's Meeting:
Harbor Chase
13517 NE 86th Dr, 32159
RSVP - (352) 350-5310

August 7 - Harbor Chase
October 2 - Harbor Chase
December 4 - Harbor Chase

Third Monday's Meeting:
U2 New U - Yoga Studio
4313 E. CR 466, # 201,
Oxford, FL 34484
RSVP - 352-748-1562

August 21
September 18
October 16
November 20
December 18



Please call each location to RVSP for your spot in their class.

Visit our website for more information: www.tricountycaregiverresourcecenter.org