

# Powerful Tools FOR Caregivers

## Become a certified Powerful Tools for Caregivers Class Leader!

**Class Leader Training Dates:** August 31<sup>st</sup>–September 4<sup>th</sup>, 2020 from 8:30am-11:30am Central

**Location:** Online - Zoom

**Registration:** Please email [sarah.elliott@tn.gov](mailto:sarah.elliott@tn.gov) for registration information

*Note: Trainees are required to attend the ENTIRE training. Trainees must have their own computer with webcam, microphone, internet and PowerPoint.*

### As a PTC Class Leader, you will help caregivers:

- Reduce stress
- Improve self-confidence
- Balance their life
- Better communicate their feelings
- Make tough decisions
- Locate helpful resources



**Lead PTC classes in your community!** A five-day (3 hours per day) online training prepares and certifies Class Leaders to successfully teach the six-week PTC series.

### What does the training program include?

- Scripted curriculum, video and audio resources
- A copy of *The Caregiver Helpbook*, companion book to the class
- Leader certification fee
- Networking connections with other trained Class Leaders
- Intensive and interactive training provided by a team of certified Master Trainers.

This highly effective class series is proven to produce results, is easily implemented, and based on solid research. The PTC class is taught in English, French, Korean or Spanish.

*"It never ceases to amaze me how transforming this course is—the dramatic change in the demeanor of the participants from the first to the sixth class."*

—PTC Class Leader from California

Powerful Tools for Caregivers is a 501(c)(3) nonprofit. PTC Headquarters in Portland, OR supports caregivers, Class Leaders, and Master Trainers in the US, Canada, and Korea. The PTC curriculum meets the highest-level criteria of evidence-based disease prevention and health promotion programs per the Administration on Aging. [www.powerfultoolsforcaregivers.org](http://www.powerfultoolsforcaregivers.org)