



Cornerstone Adult Services, Inc.  
*A leading provider of adult day health services*

**Cornerstone Adult Services  
Presents:**

# **“Powerful Tools for Caregivers”**



*Sponsored by*

**Cornerstone Adult Services**

*and*

**The Diocese of Providence,**

**Office of Community Services**

**and Catholic Charities,**

**will be conducted by**

**Cornerstone Case Managers,**

**Eileen Unger**

**and Paula Dunne.**

**This FREE series will be  
during two sessions:**

**SESSION 1:**

**Tuesday evenings  
May 5, 12, 19, 26  
June 2 and 9**

**6:00 p.m. – 7:30 p.m.**

**SESSION 2:**

**Wednesday mornings  
May 6, 13, 20, 27  
June 3 and 10**

**10:00 a.m. – 11:30 a.m.**

**LOCATION:**

**Cornerstone Memory Care Center**

**140 Warwick Neck Avenue, Warwick, RI 02889**

**Powerful Tools for Caregivers** is an upcoming educational series designed to help family caregivers take care of themselves while caring for a relative or friend. This program provides tools to help caregivers:

- Reduce stress
- Balance their lives
- Improve communication and decision making skills
- Locate helpful resources

**Space is limited and reservations required.**

**Care for a loved one while the series meets will be provided during the morning sessions only.**

**To register, call Lynn Corey at 401-739-2844 ext. 17**