**Mount Zion Baptist Church and Caregiver Connect have some great upcoming opportunities for Family Caregivers!**

**Powerful Tools For Caregivers: Six Week Educational Series**

**Mount Zion Baptist Church and Caregiver Connect, in partnership with The Adult Center for Enrichment are offering a six-week educational series designed to provide family caregivers with the tools needed to care for themselves while caring for their loved ones. Classes consist of six sessions held once a week on the following Tuesdays from 10:00 a.m. – 12:00 p.m.:**

**September 27th, October 4th, October 11th, October 18th, October 25th, November 1st. \*\*Space is limited and Pre-registration is required by 9/22/16 to attend\*\***

**For more information and To Register: Please contact April Franklin at franklina@mtzbc.com or 336-373-4248 by 9/22/16.**

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**CAREGIVER SUPPORT GROUP**

**Mount Zion Baptist Church and Caregiver Connect is also be partnering with the Social and Emotional Learning Group to offer regularly scheduled support group meetings (every other Thursday at 10:00am) for family caregivers. The support group will give family caregivers an opportunity to freely express their concerns as caregivers in a safe environment while connecting with other caregivers.**

**For more information about the support group, please contact April Franklin at** [**franklina@mtzbc.com**](mailto:franklina@mtzbc.com) **or 336-373-4248.**