



Class Leader Training

Become a licensed class leader and help caregivers focus on their own self-care. This two-day in-person training prepares individuals to successfully teach the six-week Powerful Tools for Caregivers class series.

Training Dates/Times:

Location:

Registration:

Cost:

Help caregivers:

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



“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 CA

Training program includes:

- Scripted curriculum, video, and audio resources
- *The Caregiver Helpbook*
- Class Leader license fee
- Networking connections with other Class Leaders
- Intensive and interactive training provided by a team of PTC trainers

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

powerfultoolsforcaregivers.org



Class Leader Virtual Training

Become a licensed class leader and help caregivers focus on their own self-care. This five-day training (3 hours per day) prepares individuals to successfully teach the six-week Powerful Tools for Caregivers class series. To participate in the virtual training, participants must have their own computer with webcam, microphone, internet, and PowerPoint.

Dates / Times: February 2, 2026-February 6, 2026 time: 12:00-3:00pm Mountain Time

Registration:

Cost: \$270- for license fee to National Office.

Additional \$25 for book.

Deadline to Apply: January 19, 2026

Contact: cara.griffiths@sicoq.org

208-233-4032

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