

DHS News

Newsletter of the Allegheny County
Department of Human Services



January 2019

Free education series for family caregivers offered at sites around Allegheny County

The Area Agency on Aging (AAA) is offering a free six-week education series, [*Powerful Tools for Caregivers*](#), at senior centers around Allegheny County to educate nonprofessional caregivers about self-care.

Topics discussed through the series include caregiver self-care; identifying and reducing personal stress; communicating feelings, needs, and concerns; communicating in challenging situations; learning from our emotions; and mastering caregiving decisions. Participants must be present for all six sessions.

The 2019 series will be held at the following locations:

- Riverview Community Action Corp. (Oakmont) – Starts January 18 and runs Fridays from 12:30 to 2:30 p.m.
- Valley Care Adult Day Center (Moon Township) – Starts March 8 and runs Fridays from 1:00 to 3:00 p.m.
- Plum Senior Center – Starts March 11 and runs Mondays from 12:30 to 2:30 p.m.
- Life Span Imperial – Starts May 3 and runs Fridays from 12:30 to 2:30 p.m.
- NAMS Sharpsburg – Starts June 21 and runs Fridays from 12:30 to 2:30 p.m.
- Lutheran Service Society (Bellevue) – Starts August 16 and runs Fridays from 12:30 to 2:30 p.m.
- NAMS Tarentum – Starts October 4 and runs Fridays from 12:30 to 2:30 p.m.

Registration is required, and space is limited. For more information or to register, call 412-350-7228 or Janice.Palucis@alleghenycounty.us.