



# **POWERFUL TOOLS FOR CAREGIVERS TELEHEALTH CLASS: A VIRTUAL CLASS FOR FAMILY CAREGIVERS**

**POWERFUL TOOLS FOR CAREGIVERS TELEHEALTH (PTC) CLASSES IS AN ONLINE EDUCATIONAL PROGRAM** DESIGNED TO HELP FAMILY CAREGIVERS TAKE CARE OF THEMSELVES WHILE CARING FOR A RELATIVE OR FRIEND WHO HAS A CHRONIC ILLNESS. YOU WILL BENEFIT FROM THIS CLASS WHETHER YOU ARE HELPING A PARENT, SPOUSE, OR FRIEND WHO LIVES AT HOME, IN A LONG-TERM CARE FACILITY, OR ACROSS THE COUNTRY.

**THIS TELEHEALTH PTC CLASS SERIES MEETS WEEKLY ON THURSDAY FOR SIX WEEKS BEGINNING JANUARY 29, 2026**

***CAREGIVERS MUST HAVE THEIR OWN COMPUTER WITH WEBCAM, MICROPHONE, AND INTERNET ACCESS.***

**DATE: THURSDAY, JANUARY 29, FEBRUARY 5, 12, 19, 26 AND MARCH 5, 2026**

**TIMES: 6:30PM - 8:00PM**

**LOCATION: ONLINE WITH ZOOM**

**TO REGISTER: THE ARK**

**JAN HYATT**

**843-822-4703 (CELL)**

**843-471-1360 (OFFICE)**

**YOU WILL RECEIVE A LINK AND PASSWORD TO ACCESS THE VIRTUAL CLASSROOM PRIOR TO BEGINNING CLASSES EACH WEEK**

**COST: WORKSHOP IS FREE**

**(843)-471-1360 | [info@thearkofsc.org](mailto:info@thearkofsc.org) | [www.TheARKofSC.org](http://www.TheARKofSC.org)**

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