



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources

Balance your Life

Take Care of Yourself

This is a FREE Class
Sponsored By:

Multnomah County
Aging, Disability and
Veterans Services

**HOLLYWOOD
SENIOR CENTER**

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers Support Group

is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources.

Class meets for 90 minutes once per week for six weeks.

Dates: Starts Tuesday, Oct. 4th through Nov. 8th

Time: 10:00am- 11:30am

**Location: Hollywood Senior Center
(1820 NE 40th Avenue)**

Cost: Free

To register, call 503-288-8303. For more information contact Loriann McNeill, Multnomah County Family Caregiver Support Program Coordinator at 503-988-8210.