



Caring for someone recovering from injury or medical intervention, or 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**



**Powerful Tools for Caregivers Support Group** is an educational program designed to help 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 a week for six weeks.**

**For more information about the class,  
call Susan Kocen, \*eRa\* Program Coordinator,  
Q Center 503-234-7837 x 101**

**or**

**Lori Ann McNeill, Family Caregiver Support  
Program Coordinator  
503-988-8210**

**The series is sponsored by Multnomah County  
Family Caregiver Support Program**

**Where: Q Center, 4115 N. Mississippi Ave, Portland  
97217**

**When: Tuesdays, 1.30 – 3.00pm**

**June 5, 12, (not 19<sup>th</sup>) 26; July 3, 10, 17**

**Contact: [susan@pdxqcenter.org](mailto:susan@pdxqcenter.org), 503 234 7837 x 101**

**Cost: FREE!!**