



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**

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.

Cost: Free

The class is offered 2-3 times a year. For more information about the next class, or to arrange for a class, call the Aging and Disability Resource Connection at 503-988-3646 or Loriann McNeill, Family Caregiver Support Program Coordinator at 503-988-8210

The series is sponsored by Multnomah County Family Caregiver Support Program