

Powerful Tools for Caregivers

Caring for an older adult with a chronic illness, a person with memory loss, or a grandchild with a special need can be physically, emotionally and financially exhausting. The FREE Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a another person.

You will benefit from this class whether you are helping a parent, spouse, friend or grandchild. You will learn about:

- Reducing stress
- Improving self-confidence
- Communicating your feelings better
- Increasing your ability to make tough decisions
- Locating helpful resources

Dates, Times and Location

The free class meets for 90 minutes once per week for six weeks. Mondays, March 4th through April 8, 2019 from 4:30 pm- 6:00pm. Bridge Meadows, 8502 N. Wayland Ave. , Portland, OR

Registration

Registration required by February 28, 2019. To register, and for information about respite services, call: Loriann McNeill, Multnomah County Family Caregiver Support Program Coordinator at 503-988-8210.

