



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 FREE Class is Sponsored By:

**Multnomah County
Family Caregiver
Support Program**



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 a week for six consecutive weeks.

Dates: Starts Monday, March 19, through April 23, 2018.

Time: 10:30am- Noon

**Location: Mt. Hood Adult Day Center
376 NE 219th Ave, Gresham OR 97030**

Cost: Free

FREE Care for you loved one while you are in the class will be offered by Mt. Hood Adult Day Center-call Cathy at 971.400.7030 by March 10, 2018.

To register, or for more information, call Loriann McNeill, Multnomah County Family Caregiver Support Program Coordinator at 503-988-8210.