

# Powerful Tools for Caregivers Support Group

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.

The FREE 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 and you will learn about:

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



## Dates, Times and Location

The free class meets on Thursdays for 90 minutes once per week for six weeks. Thursday, October 11th through November 15th, 2018 from 1:30pm- 3:00pm.

Hollywood Senior Center - 1820 NE 40th Avenue, Portland, OR

## Registration

**Registration required by Oct. 4, 2018.** To register, call Hollywood Senior Center: 503-288-8303

For more information about the class, or respite services, call: Loriann McNeill, Multnomah County Family Caregiver Support Program Coordinator at 503-988-8210.



Department of County Human Services



[multco.us/familycaregiver](http://multco.us/familycaregiver)