



Aging, Disability and Veterans Services Division



## Family Caregiver Support Program Community Offerings: 2025-2026

Please contact your Case Manager to learn more about any of the events or to sign up.

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### Trainings

**Powerful Tools for Caregivers:** An evidence based training for caregivers to reduce stress. (6 Week Class)

**For those caring for an older adult or anyone with Dementia or Alzheimer's.**

Date Time: August 5th- September 9th 10:30 am to 12 Pm

Location: Virtual

Contact [Family.caregiver@multco.us](mailto:Family.caregiver@multco.us)

**For older adults caring for children**

Date Time: September 3rd- September 9th 10:30 am to 12 Pm

Location: Brentwood-Darlington Community Center

7211 SE 62nd Ave, Portland, OR 97206

Contact: [Kincare@impactnw.org](mailto:Kincare@impactnw.org) or calling or texting  
(971) 354-6562

**STAR-Caregiver:** Evidence based, one-on-one training that specifically addresses behaviors relating to Alzheimer's or Dementia. The goal for these trainings is teaching someone how to lessen difficult behaviors that are displayed in the care-recipient.

**SAVVY Caregiver:** This training program is designed to equip family caregivers with the knowledge, skills, and support needed to care for individuals with Alzheimer's disease or dementia. It's a structured program that helps caregivers understand dementia, develop self-care strategies, and learn how to create a "contented involvement" for their loved ones.

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### Support Groups

**Caregivers of Persons with Alzheimer's or Dementia:**

Location: Virtual

Date/Time: Meets every second Wednesday of the month. 1-2pm.

**Elders (55+) Raising Children:**

Location: Virtual

Date/Time: Meets every second Tuesday of the month. 1-2pm.

**Black Family Caregiver Support Group:**

Location: Virtual

Date/Time: Meets every second Thursday of the month. 1-2pm.

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**Events**

**Memory Cafe:** This group seeks to primarily serve those with Dementia, Alzheimer's or memory loss, and their families through time to mingle and enjoy an interactive music environment. RSVP is not required, all caregivers who support someone with Alzheimer's, Dementia, or memory loss are welcome.

\*If you are someone who is experiencing memory loss, Alzheimer's, or Dementia please ensure your caregiver is coming with you.

**Memory Cafe Hollywood:**

Location: Community for Positive Aging- 1820 NE 40th Ave, Portland, OR, 97212

Date/Time: Every 4th Thursday of the month 11-12:30

**Memory Cafe Cully:**

Location: Providence Elderplace 5119 NE 57th Ave, Portland, OR, 97218

Date/Time: Every 3rd Wednesday of the month from 1-2:30

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**Relatives as Parents Program (RAPP) Resources:**

**Oregon Kinship Navigator:** A statewide resource and referral service for grandparents raising grandchildren and other relative caregivers

Website: [oregonkinshipnavigator.org](http://oregonkinshipnavigator.org)

Email: [info@oregonkinshipnavigator.org](mailto:info@oregonkinshipnavigator.org)

Phone: 833-201-5557

**SUN Community Schools:** Offers after school programs, connection to health and mental health services, adult education and recreation, food pantries, quality instruction, enrichment, and extra curricular activities, help with food, shelter and energy bills, parent and family activities and events.

\*Open to all ages, with a focus on students in the immediate school community.

\*SUN can be accessed through any school.

Website: [multco.us/programs/sun-community-schools](http://multco.us/programs/sun-community-schools)

**Impact Kincare:** Supports adults 55 and older living in Multnomah, Clackamas, and Washington counties as well as Vancouver, WA. who are caring for relative children, regardless of ODHS status, with educational programming, support groups, connections to community resources, and more.

Email: [kincare@impactnw.org](mailto:kincare@impactnw.org)

Phone: 971-354-6562 (call or text)