



Powerful Tools for Caregivers

Are you an unpaid family or friend caregiver?
Join us for a FREE class series!

**6-week on-line Zoom workshop
Beginning Wednesday, October 16th, 1 - 3 PM**

**This class series gives you the confidence and support to
better care for your loved one and yourself!**

- Tools to reduce stress
- Communicate difficult feelings
- Make tough decisions
- Locate helpful resources
- Effectively problem solve

Registration Required

To sign up or ask questions, call 503-988-8210 or email
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