



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 is a **FREE Class**
Sponsored By:

**Multnomah County
Aging, Disability and
Veterans Services**

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 per week for six weeks.

Cost: Free

The class is offered 2-3 times a year. For more information about the next class, or to arrange for a class, call the Aging and Disability Resource Connection at 503-988-3646 or Loriann McNeill, Family Caregiver Support Program Coordinator at 503-988-8210

The series is sponsored by Multnomah County Family Caregiver Support Program