

Powerful Tools FOR Caregivers



Caring for someone with a chronic condition is rewarding. But it can be challenging, too. **Taking care of yourself is important.**

Join us for a free, six-session class that will support you to better care for your loved one and yourself. This class is for anyone who helps out or cares for a friend or relative!

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or an adult child; at home or in a care facility, whether down the block or miles away, yours is an important role. This is a course for you!

We'll cover a variety of topics and strategies to:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate with care partners, doctors, and others
- Navigate caregiving transitions and decision making
- Locate community resources

**Classes held on Mondays
Feb 27 - April 3, 2023
11am - 12:30pm PT
via Zoom**

space is limited & registration is required



Aging in the Gorge Alliance/
Alianza de la Tercera Edad



Oregon
Older Adult Behavioral Health Initiative

To sign up or ask questions contact Roni at rhyde@gobhi.org or 541-705-4870