

COMMUNITY EDUCATION

Powerful Tools for Caregivers

Powerful Tools for Caregivers is an educational series designed to help unpaid family caregivers take care of themselves while caring for someone with a chronic illness. Covered topics include: Stress reduction, communication techniques, managing challenging situations, dealing with difficult emotions, and making tough caregiver decisions. You will benefit from this class if you serve in any capacity as a family caregiver.

Thursdays
Sept. 7 – Oct. 12, 2017
1:30–4:00 p.m.

Tuality Health Education Center
334 SE 8th Avenue
Hillsboro, OR 97123

Suggested donation of \$35 helps defray cost of the book,
but not required to attend class.

Co-sponsored by Tuality Healthcare and Washington County
DAVS Family Caregiver Support Program.

Please call **503-846-3089** to register.



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