

Are you an
unpaid family
caregiver?

Join us for a

FREE
class series!



Department of
Health and Human Services
Disability, Aging and Veteran Services

Powerful Tools **FOR** Caregivers

Tuesdays, October 17 - November 28, 1:30 - 3:00 p.m.

No class November 21.

Location: Hillsboro Shute Park Library, 775 SE 10th Ave

This educational program is designed to help family caregivers take care of themselves while caring for a relative or friend with a chronic illness.

Learn how to:

- Reduce stress and improve confidence
- Communicate more effectively
- Connect with resources

To register please call:

503-846-3089 or email

familycaregiversupport@washingtoncountyor.gov