



Powerful Tools for **CAREGIVERS**

Six-week series designed to help unpaid family caregivers take care of themselves while caring for a loved one



Mondays
March 17, 24, 31
April 7, 21, 28



2:30–4 PM



Juanita Pohl Center
8513 SW Tualatin Road
Tualatin, OR 97062

Learn how to:

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

To register:



Suggested donation of \$30 to cover the cost of the book



503-846-3089



familycaregiversupport@washingtoncountyor.gov

