

## 6-Week Powerful Tools for Caregivers Class

**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 a child with special needs; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

### The classes give you tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources



This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

**Class Dates:** Wednesdays from 2:30 pm-4:00 pm starting 9/16/20 through 10/21/20.

Classes will be conducted virtually using Zoom.

This class is at **NO CHARGE** and you will need to pick up *The Caregiver Helpbook* from our Northeast Clinic at 5005 NE Sandy Blvd. Portland, OR 97213. This book follows the curriculum and provides additional tools to address specific caregiver issues.

Please register with one of our facilitators at 503-221-0161 ext. 3456.

### Find Additional Powerful Tools for Caregivers classes:

- Contact your county Family Caregiver Support Program for a local class schedule.
- Contact the PTC Headquarters for a list of class leaders in your area:
  - Website: [www.powerfultoolsforcaregivers.org](http://www.powerfultoolsforcaregivers.org)
  - Phone: 503-719-6980