

Are you an  
unpaid family  
caregiver?

Join us for a

**FREE**  
class series!



# Powerful Tools **FOR** Caregivers



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

**Wednesdays, March 22 - April 26, 1:30 - 3:15 p.m.**

**All classes are virtual via Zoom.**

**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](mailto:familycaregiversupport@washingtoncountyor.gov)