



# Powerful Tools for Caregivers

Are you an unpaid family or friend caregiver?  
Join us for a FREE class series!

**6-week online Zoom workshop**  
**Beginning Tuesday, August 15th, 1 - 3 PM**

**This class series gives you the confidence and support to  
better care for your loved one and yourself!**

- Tools to reduce stress
- Communicate difficult feelings
- Make tough decisions
- Locate helpful resources
- Effectively problem solve

**Registration Required**

To sign up or ask questions, call 503-650-5605 or  
email [FCSP@Clackamas.us](mailto:FCSP@Clackamas.us)