



# POWERFUL TOOLS FOR CAREGIVERS

**6-week workshop in Canby**

**Thursdays, January 30th to March 5th**

**1:00pm- 3:30pm**

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. These classes will give you tools to reduce stress, communicate feelings, make tough decisions, locate helpful resources, manage time, and solve problems.

Sponsored by  **CLACKAMAS  
COUNTY**

**Research shows  
these classes help  
caregivers improve:**

**SELF-CARE BEHAVIORS**

**WORKING WITH  
EMOTIONS**

**SELF-CONFIDENCE**

**USE OF COMMUNITY  
RESOURCES**



**TO SIGN UP  
OR  
ASK MORE  
QUESTIONS:**

**Call Canby Adult  
Center at  
503-266-2970**