



Powerful Tools for Caregivers

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

**6-week online Zoom workshop Thursdays, January
13th to February 24th 9:30 to 11:30AM**

No class on February 10th



**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



WASHINGTON COUNTY
OREGON

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



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