

Powerful Tools for Caregivers

A R E A A G E N C Y O N
Aging & Disabilities
O F S O U T H W E S T W A S H I N G T O N

What's in your caregiver toolbox?

Powerful Tools is a six-week workshop open to spouses, partners, adult children, and friends caring for a loved one at home.

Classes provide you with tools and tips to better handle the unique challenges you face.

Learn to:

- Reduce personal stress
- Communicate feelings, needs, and concerns to family members
- Communicate more effectively with healthcare providers
- Deal with difficult feelings
- Master caregiving decisions
- Take care of you

***Registration is required
as space is limited.***



Wednesdays
Sept. 18 - Oct. 23, 2024
1:00—3:30 pm

***Please plan to attend all sessions!**

The YMCA of SW WA
766 15th Ave
Longview, WA 98632

To Register:
Call: 360-501-8399 or
Email: CowlitzADRC@dshs.wa.gov

Registration ends: Sept. 11, 2024

www.HelpingElders.org