



Powerful Tools for Caregivers

What's in your caregiver toolbox?

Powerful Tools is a six-week course 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.

In this class, you will learn how to:

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

***Space is limited, registration is required.*

www.HelpingElders.org

2 - 3:30 p.m., Wednesdays
Sept. 18 through Oct. 23, 2024

**please plan to attend all sessions*

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

To register:

Call: 360-501-8399

Email: CowlitzADRC@dshs.wa.gov

Registration ends: Sept. 11, 2024

AREA AGENCY ON
Aging & Disabilities
OF SOUTHWEST WASHINGTON