

A *FREE* 6-WEEK SERIES FOR FAMILY CAREGIVERS

Powerful Tools for Caregivers

Mondays

1:00-3:30 PM

June 4, 11, 18, 25

July 2, 9, 2018

**Classes held in
COLLEGE PLACE**

Class size is limited.

*Pre-registration is
required.*

To register,
or for more info, call

ALTC
509-529-6470 or
888-769-2582

Registration ends
May 24, 2018



Weekly topics include:

- ♦ Identifying and reducing personal stress
- ♦ Communicating feelings, needs, and concerns
- ♦ Communicating in challenging situations
- ♦ Taking care of you
- ♦ Problem solving and setting goals
- ♦ Mastering tough caregiving decisions

**Are you helping
a parent, spouse,
friend, someone
who lives nearby
or even across
the country?**

**This educational
program is
designed to help
you take care of
yourself
while caring for
others.**