

Powerful Tools for Caregivers



"I cannot recommend highly enough the 'Powerful Tools for Caregivers' training program... developed in Portland, Oregon."

Gail Sheehy, Passages in Caregiving



Powerful Tools for Caregivers is a 6-week educational series designed to help unpaid family caregivers take care of themselves while caring for a relative or friend with a chronic illness. Caregivers develop a wealth of self-care tools to reduce personal stress, communicate their needs effectively in challenging situations, deal with difficult emotions, and make tough caregiving decisions. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country. **Class size is limited, and registration is required – call the number listed by the class you wish to attend.** (*Suggested donation of \$25 to help defray cost of the book – but not required in order to attend class).

<i>Class Location</i>	<i>Class Dates and Times</i>	<i>Call to Register</i>
<i>Sandy Adult Community Center 38348 Pioneer Blvd Sandy Oregon</i>	<i>September 21st – October 26th 2011 Wednesdays 1:30pm -4:00 pm</i>	<i>Mary Ann Hard 503-650-5724</i>
<i>Cedar Village Assisted Living 4452 Lancaster Drive NE Salem OR 97305</i>	<i>September 22 – October 27th 2011 Thursdays 9:30 am-11:30 am</i>	<i>Debra West 503-390-9600</i>
<i>Tuality Health Education Center 334 SE Eighth Avenue Hillsboro, OR 97123</i>	<i>September 27 – November 1, 2011 Tuesdays 1:30 pm – 4:00 pm</i>	<i>Debbie Croft 503-846-3089</i>
<i>Emanuel Hospital First Class in room 1075 Location of subsequent classes at hospital TBA</i>	<i>October 11th – November 15 Tuesdays 4:30-6:00 pm</i>	<i>Laurie Followell 503-413-5658</i>
<i>Hollywood Senior Center 1820 NE 40th Ave Portland, OR 97212-5308</i>	<i>October 12 – November 16 Wednesdays 1:00-2:30 pm</i>	<i>Hollywood Senior Center 503-288-8303</i>
<i>Tuality Health Education Center 334 SE Eighth Avenue Hillsboro, OR 97123</i>	<i>January 5th – February 9th 2012 Thursdays 2:00-4:30pm</i>	<i>Debbie Croft 503-846-3089</i>

We distribute this schedule twice a year, but classes are sometimes scheduled after this flyer has been sent out. For up dated class schedules, call toll-free at 877/701-4999.

<i>Gentog 11535 SW Durham Rd suite C5 Tigard, OR</i>	<i>September 17th-October 22nd Saturdays 9:30am-12 noon</i>	<i>Gentog 503-639-2600</i>
<i>Harthstone of Beaverton Assisted Living 12520 SW Hart Rd Beaverton, OR 97008</i>	<i>January 17 – February 21, 2012 Tuesdays 6:30 pm – 8:00 pm</i>	<i>Kay Kirkbride 503.648.8010</i>

Classes scheduled elsewhere in Oregon or SW Washington

<i>Class Location</i>	<i>Class Dates and Times</i>	<i>Call to Register</i>
<i>Willamalane Adult Activity Center 215 West C street Springfield OR 97477</i>	<i>September 24th – October 29th 2011 Saturdays 9:30 am – 12 noon</i>	<i>541-736-4403</i>
<i>NorthWest Senior and Disability Serv. 5010 Third Street Tillamook OR 97141</i>	<i>September 20th-October 25th 2011 Tuesdays 10:30 am -12:00 noon</i>	<i>Ginny Gabel 503-815-2270</i>
<i>Samaritan North Lincoln Campus MOB5 Building 2930 NE West Devils' Lake Rd Lincoln City Oregon</i>	<i>Oct 6 – November 17 (No class November 3rd) Thursdays 10:00-11:30</i>	<i>Colleen Hickey 541-994-3661- x7229</i>
<i>The Grace Center for Adult Day Services 980 NW Spruce Ave Corvallis OR 97330</i>	<i>October 12th - November 16th Wednesdays 1:30 pm -4:00 pm</i>	<i>Bob or Angela 541-757-9616</i>

Residents of Clark County, WA can call the SW Washington Area Agency on Aging at 360/694-8144 to register for a Powerful Tools for Caregivers class.