Powerful Tools for Caregivers is an educational program designed to help family caregivers. Through this program you will learn how to take care of yourself while caring for a relative or friend whether you are helping a parent, spouse or friend who lives at home, in a nursing home or across the country.

This class will give YOU, the family caregiver, tools to:

- Help you reduce stress
- Communicate effectively with other family members, your doctor, and paid help
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem-solve

Please note that this class will NOT focus on specific diseases or hands-on care giving for the care receiver. This class is not designed for professional caregivers.

You will receive a complimentary copy of the Caregiver Helpbook used in class thanks to a generous community grant from OCWCOC Family Caregiver Support Program. Space is limited, pre-registration required.

Inquire at registration if you need help with coverage for your care receiver while you take this class.

Six-week class held at Oregon State University
Wednesdays, Jan. 14—Feb. 18
2:00—4:30 pm
LaSells Stewart Center
Weyerhaeuser Board Room
100 LaSells Stewart Center
Corvallis, OR

To register:
http://oregonstate.qualtrics.com/SE/?SID=SV_2cpC6kWDAYii16J

“This class is awesome! You will soon realize that you are not alone in what you’re experiencing. To hear the challenges, ideas, and solutions, that other folks just like you are going through will give you comfort, shared relief, and give you new ways and tools for coping. I just loved this class. It was so incredibly helpful.”

~Winter session participant

For more information, contact Robynn Pease, OSU Office of Work-Life at 541-737-4852 robynn.pease@oregonstate.edu or Bob Daley at Benton Hospice Service at 541-757-9616 www.bentonhospice.org

Sponsored by Benton Hospice Service and OSU Office of Work-Life