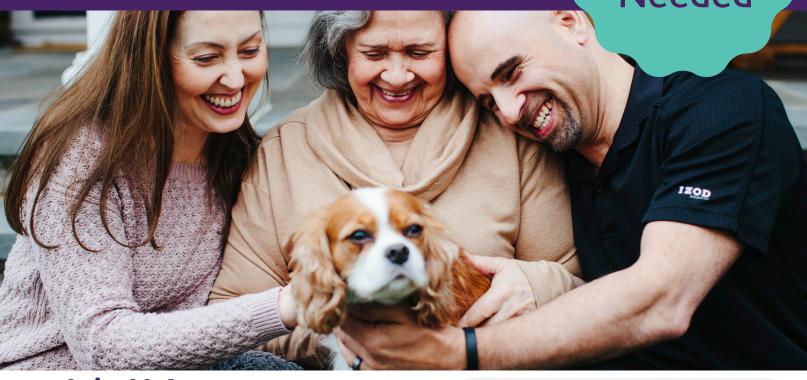
Powerful Tools for Caregivers





Join Us!

A Free 6 week series for family caregivers
Are you helping a parent, spouse, or friend?
This educational program is designed to help you take care of yourself!

Join us to learn about:

- Identifying and reducing personal stress
- Communication types and strategies
- Taking care of you
- Making tough caregiving decisions and family meetings

In partnership with:



Next Class starting soon!

Mondays from 6pm - 7:30pm June 2nd, 9th, 16th, 23rd, 30th, July 7th

Virtual presentation

For more info call Julie Hooley at (509)412-2371

Registration Info

Call ALTC - (855)567-0252