

Powerful Tools for Caregivers

Volunteers
Needed



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:

ALTC Aging &
Long Term
Care

Southeast Washington

Aging & Disability Resource Center

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

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Registration Info

Call ALTC - (855)567-0252