

Powerful Tools for Caregivers



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

Several series are being held throughout the year

Virtual presentation

Must have access to computer or tablet with audio and video capabilities

Registration Required:

Call ALTC

(855)567-0252

ALTC Aging &
Long Term
Care

Southeast Washington

Aging & Disability Resource Center

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association®