

Are you an
unpaid family
caregiver?

Join us for a

FREE
class series!



Powerful Tools **FOR** Caregivers



Department of Health
and Human Services
*Disability, Aging
and Veteran Services*

Every Thursday, February 7 — March 14, 1 — 3:30 p.m.

The Beaverton City Library — 12375 SW 5th St. Beaverton, OR 97005

“I have new ways to think of things!”

Learn how to:

- Reduce stress and improve confidence
- Communicate more effectively
- Connect with resources

To register call:

503-846-3089

**Respite available for those
who qualify - call today!**