



Taking Care of You...

Powerful Tools FOR Caregivers

We provide a self-care education program for family caregivers of older adults. This program will provide you with tools and strategies to better handle the unique caregiver challenges you face.

The six week series that meets for two and a half hours each week has been shown to:

- Reduce personal stress
- Communicate effectively with family members, doctors, and paid help
- Increase self-care practices
- Reduce guilt, anger, and depression
- Experience relaxation techniques
- Make tough decisions
- Set goals and problem solve

Classes meet in both Jackson and Josephine Counties. Registration is required.

Please call Sandy Divine
at 541.471.3853 to register or for
more information.

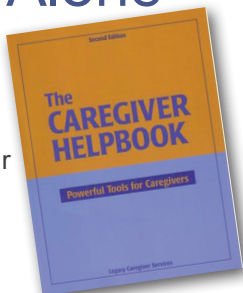
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"After taking this class, I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me...and a healthier us!"

- Class Participant

You Are Not Alone

The Caregiver Helpbook used during the class is designed to provide caregivers the tools to increase their self-care and their confidence to handle difficult situations, emotions, and decisions.



The program focuses on the family caregiver. It will help you take care of yourself while caring for an older relative, friend, someone who lives at home, in a nursing home, or across the country.

If you want help in finding a respite care provider to be with your loved one while you take the class, please call: 541-471-3853.

Please note class size is limited to 15 participants.

Take Charge and Sign Up Now!