

# Taking Care of You: Powerful Tools for Caregivers

Are you a spouse, adult child, relative  
or a friend helping a loved one with a  
chronic illness or disability?



# 6

Classes

Sept. 29th — Nov. 3rd, 2021

2:00pm - 3:30pm


## Powerful Tools for Caregivers

Is a six week educational series designed to provide you, the caregiver, with tools needed to take care of yourself while supporting your loved one. Classes consist of interactive lessons, discussions and brainstorming to increase your self-care skills and confidence in handling difficult situations, emotions and decisions.

**Location: Homage Senior Services**  
**5026 196th St SW Lynnwood, WA 98036**



**To Register, contact:**

 425.290.1260

 [mentalhealth@homage.org](mailto:mentalhealth@homage.org)

*Classes are free but space is limited  
& registration is required.*

Family Caregiver Support Program / Health & Wellness