

Taking Care of You: Powerful Tools for Caregivers

New FREE class starting February 2012 in Lynnwood



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

“Powerful Tools for Caregivers”

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 and confidence in handling difficult situations, emotions and decisions.

Classes are free and taught by trained and certified class leaders.

Six Wednesday afternoons

February 15th – March 21st, 2012

2:30 - 5:00 pm

**Class location: Fire Station 14 meeting room
18800 68th Ave West Lynnwood**

To register, contact:

*Jessica McDougall @ Senior Services 425-514-3187 or
Carmen Rasmussen @ the Family Center 425-670-8984 ext 22*

Space is Limited - Reservations Required

Facilitated by:

**The Family Center of South Snohomish County
& Senior Services of Snohomish County**

~Family Caregiver Network of Snohomish County ~ www.snocare.org