

# Powerful Tools **FOR** Caregivers

Free Six Week Class  
starting  
April 4, 2023

Thursdays  
10am-12pm

C3  
2601 NW Tyler Ave  
Corvallis, OR

Registration  
required.  
Class size is limited!

To join our waitlist for  
upcoming classes,  
visit our website:  
[luminahospice.org/PTC](http://luminahospice.org/PTC)



**Lumina**  
Hospice & Palliative Care

Founded as Benton Hospice Service in 1980



**"This class gave  
me the courage  
and ways to let  
others know my  
needs."**

**-Past participant**

This six week workshop is designed to help non-professional caregivers learn how to take care of themselves while caring for a parent, spouse, or friend, at home, in a nursing home, or across the country.

This free workshop will provide you with tools to:

- Reduce stress and take care of yourself
- Reduce guilt, anger, and depression
- Communicate effectively
- Set goals and problem-solve

To register, contact us at  
[caregiver@luminahospice.org](mailto:caregiver@luminahospice.org) or 541.757.9616

Note: Class is for family caregivers only. Respite care may be available.

*This series and the provided workbooks are made possible by a generous community grant from Oregon Cascades West Council of Governments (OCWCOG).*