

giving care • taking care

A Conference for Family Caregivers

MONDAY, JUNE 6, 2016

9:00AM – 4:30PM • TUKWILA COMMUNITY CENTER

CARING FOR AN ELDER OR AN ADULT WITH DISABILITIES?



LEARN MORE ABOUT:

- Reducing family conflict
- Essential legal documents
- Dementia basics
- Behavior strategies for persons with developmental disabilities
- Getting help from those around you
- Difficult emotions such as anger, grief and guilt
- And more...

KEYNOTE SPEAKER

SANDY POWERS

Sandy is passionate about caregiving. As a support group leader, caregiver for her mother, and life coach, Sandy shares how to listen from the heart while creating balance in your own life. You will leave her session energized!

EARLY REGISTRATION DEADLINE

REDUCED FEE THROUGH MAY 16, 2016

- \$30 – family and volunteer caregivers
- \$50 – agency-based community caregivers

LIMITED SPACE – you must pre-register, there is no registration at the door.

1. Go to <http://tinyurl.com/GivingCareTakingCare> “Join Our Mailing List” box—enter your name and street mailing address. This gets you on our mailing list to receive a brochure.
2. OR call (360) 725-2544 or 1-800-422-3263 to leave a voicemail with your name and street mailing address.

**CONFERENCE
HOSTS**

