



## Parent/Caregiver Support Class

*Powerful  
Caregivers*



*Tools for  
Class*

The **Swindells Resource Center** offers a helpful class that gives tools for parents and caregivers of children with disabilities or other special needs. This 6-week class focuses on **YOU** as the parent/caregiver and your own needs.

### **Topics include:**

- Taking care of you
- Identifying and reducing personal stress
- Communicating feelings, needs, and concerns
- Communicating in challenging situations
- Mastering caregiving decisions

**When:** This class is taught once in the Fall and once in the Spring (for specific dates, contact Patty McNally below.)

**Where:** Providence St. Vincent Medical Center & Providence Portland Medical Center

**Time:** The 6-week class meets weekly for 2 hours.

**How much:** The class is free! (There is a small cost for the course book, but Swindells Resource Center will offer financial support to pay for it if needed.)

**Contact:** For more information and questions—

- Email course instructor, Patty McNally at [Patricia.McNally@providence.org](mailto:Patricia.McNally@providence.org)
- Call the Swindells Resource Center at **(503) 215-2429**
- [www.ProvidenceOregon.org/Swindells](http://www.ProvidenceOregon.org/Swindells)