



Lifespan Respite Care

Offering caregivers the gift of time so they can continue to provide care for their loved ones..



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A 501(c)(3) Non-Profit Organization



National Council on Accreditation for Children and Family Services & Behavioral Health Services



A Forever Home for Everyone

FOR IMMEDIATE RELEASE

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Contact: Janele Walker or Stephanie Hollis 1-888-393-0657 or

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Lifespan Respite Care Offers Course for Caregivers

SALEM, Ore. -- Lifespan Respite Care is offering *Powerful Tools for Caregivers*, a six-week educational series designed to provide family caregivers with the tools needed for self care.

The course is designed to help family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful resources.

Classes consist of six sessions held once weekly. The class leaders are experienced family caregivers themselves who have successfully applied the techniques they teach. Interactive lessons, discussions and brainstorming sessions help participants apply the learning tools in daily life.

The Caregiver Helpbook, developed specifically for the class, will be provided to each participant. The book will be free of charge thanks to supporters for Lifespan Respite Care, Northwest Senior and Disability Services.

The class will be held at Wellspring Center for Extraordinary Living in Woodburn, from 2 – 4:30 pm every Thursday, May 14 through June 18 in the Alder Room. For more information or to register, contact Stephanie Hollis or Janele Walker at 1-888-393-0657; or, e-mail at marion-polk.lifespan@ccswv.org. Class size is limited and pre-registration is required. Free refreshments will be available in every class.

Lifespan Respite Care, a program administered through Catholic Community Services, is a network in Marion, Polk, Yamhill and Tillamook Counties which helps families stay together by connecting caregivers with the gift of time. Program coordinators offer respite referrals, outreach, training and information, and recruit and screen both paid and volunteer care providers.

Catholic Community Services (CCS) is a non-profit organization that serves children, youth, adults and families with special needs in the Mid-Willamette Valley and Central Coast. Founded in 1938, CCS offers 20 programs which provide Family Supports, Independent Living Supports, and Community Homes for children in long term foster care and for adults with developmental disabilities. Dedicated to providing the highest quality services, CCS is accredited by the National Council on Accreditation for Child and Family Services and Behavioral Health Services. CCS serves 4,000 people annually and employs more than 250 members of our community.

For more information, please visit www.ccsww.org or call 503-856-7004.

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