

THIRD THURSDAYS: TIME FOR CAREGIVERS

A Monthly Series for Unpaid Family Caregivers

If you are caring for your elderly father who has been injured, your wife who has Alzheimer's disease, or Aunt Tilly who is bed ridden – **you are an unpaid family caregiver.**

Come to **Third Thursdays: Time for Caregivers** and learn about resources, supportive services, and ideas that can help you maintain your mental, emotional, and physical strength.

Thursday, February 19, 2009

LMTAAA Office @ 3603 Mud Bay Road, [Olympia](#)

Afternoon Session: 1 pm to 4 pm or Evening Session: 6 pm to 9 pm

1 pm & 6 pm: John Rodgers, **"Introduction to Family Caregiving"**

2:30 pm & 7:30 pm: David Robinson,

"Setting Limits: For Family Caregivers Who Never Learned to Say No"

Thursday, March 19, 2009

LMTAAA Office @ 1651 S. Market Street, [Chehalis](#)

Afternoon Session: 1 pm to 4 pm or Evening Session: 6 pm to 9 pm

1 pm & 6 pm: John Rodgers, **"Introduction to Family Caregiving"**

2:30 pm & 7:30 pm: Dan Smerken,

"Planning for Change: Family Caregiver Roles, Finances, & Environment"

Thursday, April 16, 2009

LMTAAA Office @ 3603 Mud Bay Road, [Olympia](#)

Afternoon Session: 1 pm to 4 pm or Evening Session: 6 pm to 9 pm

1 pm & 6 pm: John Rodgers, **"Introduction to Family Caregiving"**

2:30 pm & 7:30 pm: Patrick Coolen, Moderator,

"Panel Discussion: Family Caregiver Experiences"

Thursday, May 21, 2009

Timberland Regional Library @ 710 W. Alder Street, [Shelton](#)

Afternoon Session: 1 pm to 4 pm or Evening Session: 5 pm to 8 pm

1 pm & 5 pm: John Rodgers, **"Introduction to Family Caregiving"**

2:30 pm & 6:30 pm: **"Navigating the Medical System as a Family Caregiver"**



For More Information Contact:
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