



Volunteers bring hope to residents living with chronic conditions...



Become a Volunteer Facilitator!

Clackamas County Volunteer Connection is seeking lay leaders and volunteers to help us expand “*Living Well with Chronic Conditions*” workshops. These self-management workshops are free to the public and are provided in various communities throughout the County. This program is growing in requests and volunteers are critical in providing multiple workshop. Volunteers receive free training materials and once trained, will co-lead with another trained peer leader.

Living Well with Chronic Conditions, also known as Chronic Disease Self-Management Program (CDSMP), is an evidence based program developed by Stanford University for adults with one or more ongoing health conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain or anxiety.

Workshop leaders, usually with chronic conditions of their own, will be trained on a variety of curriculum topics: Program Purpose and Fidelity, Self-Management principles, Group Dynamics and Support, Brainstorming processes, Decision Making techniques, developing Action Plans, Benefits of Exercise & Nutrition, Practical/Mindful ways to deal with emotions, and Methods to Communicate Needs with a care provider and family, just to name a few. The workshops are designed for small groups of 10 -15 adults, meeting once per week for 2.5 hours for six consecutive weeks. The sessions are interactive with an emphasis on group participation. Registration/application deadline is Monday, **September 25, 2017**.

WHEN: Wednesdays 9/27 & 10/4 & Thursdays, 10/4 & 10/5

Must attend all 4 days

TIME: 8:00am – 4:30pm

COST: Free to pre-registered volunteers (lunch included)

LOCATION: Clackamas County Red Soils

Development Services Building, 150 Beaver Creek Rd. Oregon City - Room 401 on the 4th floor
(Corner of Library Ct. and Beaver Creek Rd.)

Potential leaders will be required to register and attend all four days of training. Certified volunteers are asked to co-facilitate a minimum of two workshops per year. Leaders must also agree to practice program fidelity standards. Mileage reimbursement is provided to registered volunteers for travel to the leader training and community workshops in Clackamas County. Training is held by two local Master Trainers. Registration fee for program materials are covered by funds provided by Clackamas County RSVP and Family Caregiver Program.

For more information or to register, contact

Erin Eastberg at 503-650-5605 eeastberg@clackamas.us

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