

Do you...

- Set up medications • Run errands • Make meals
- Do yard work • Clean house • Handle finances

...for an adult?

Powerful Tools FOR Caregivers



Is a 6-week educational series designed to help unpaid caregivers take care of themselves while caring for a relative or friend.

Workshop Goals:

Help caregivers develop a wealth of self-care tools to:

- Reduce personal stress
- Communicate needs effectively in challenging situations
- Deal with difficult emotions
- Make tough caregiving decisions

Caregivers will benefit whether helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

Interested in a refresher?
Please feel free to join us again!

Register by Friday, November 6, 2015

Tuesdays, November 10 - December 15
2 - 4 p.m.
Lord Of Life Church
5601 Washington Road, Kenosha

Class size is limited.

Suggested donation: \$10 to cover cost of materials

To register, mail completed registration form below or online at adrc.kenoshacounty.org.

For questions, please call the Aging & Disability Resource Center at 262-605-6646.



Registration Form for November 10, 2015 Class

Name _____

Address _____

City/State/Zip _____ Phone _____

Checks can be made out to the Kenosha ADRC

Mail to: Kenosha ADRC

8600 Sheridan Road, Kenosha, WI 53143

