

POWERFUL TOOLS for Caregi♥ers

Caregiving is rewarding & challenging

Taking care of yourself is important. Powerful Tools for Caregivers can show you how.

Thursdays, September 8 to October 13 (6 weeks)
2 to 4 p.m. *ONLINE!*

- ◆ Reduce stress and learn to deal with difficult emotions
- ◆ Communicate needs effectively in challenging situations
- ◆ Make tough caregiving decisions

You'll need a computer, iPad or tablet, and internet access. We'll contact you before class for a short discussion on how to use the online platform, Zoom.

Register by Tuesday, September 1

Registration required:

- ◆ Call the Aging & Disability Resource Center
262-605-6646 OR
- ◆ Visit adrc.kenoshacounty.org
(look for the red registration button)



*"I don't think of myself as a caregiver.
I'm her son. She needs me. And because
she needs me, I need to take care of
myself. Powerful Tools classes helped
me do that."*

ADRC
Kenosha County
Aging & Disability Resource Center