

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

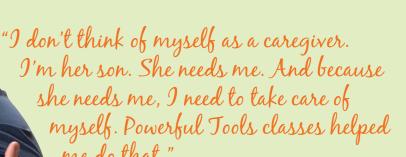
You'll need a computer, iPad or tablet, and internet access. We'll contact you before class for a short discussion on how to use the online platform, Zoom.

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)





Aging & Disability Resource Center