

# 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 12 to October 17 (6 weeks)**

**5:30 - 7:30 p.m.**

**Festival Foods**

**6000 31st Street, Kenosha, WI**

*Register by Monday, September 9*

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

**Registration required:**

- ◆ Call the Aging & Disability Resource Center  
262-605-6646 OR
- ◆ Visit [adrc.kenoshacounty.org](http://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