

POWERFUL TOOLS for Caregi♥ers

Caregiving is rewarding & challenging

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

Wednesdays, March 9 to April 13 (6 weeks)
5:30 to 7:30 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 Monday, March 7

Registration required:

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



"The online experience was flexible and convenient. We would highly recommend this course to anyone who is providing caregiving or who wants to prepare for the future."

ADRC
Kenosha County
Aging & Disability Resource Center