

POWERFUL TOOLS for Caregi♥ers

Caring for someone? Taking care of yourself is just as important.

Powerful Tools provides support for your caregiving journey

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

Free
6-week
class!

2024 SCHEDULE

You're there for them. We're here for you.

Wednesdays, March 13 - April 17

2 - 3:30 p.m.

Virtual class

RSVP: Friday, March 8

Thursdays, July 11 - August 15

10 - 11:30 a.m.

Kenosha County Job Center, 8600 Sheridan Rd.,
Entrance D, Room S11

RSVP: Monday, July 8



Registration required:

Call the ADRC 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