

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 10 – October 15 (6 weeks)

2 to 4 p.m.

Now ONLINE!

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, September 7

- ◆ 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
(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