

POWERFUL TOOLS for Caregi♥ers

Caregiving is rewarding & challenging

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

**Classes: 6 weeks, Tuesdays, April 17 – May 22
6 – 8 p.m.**

**Kenosha County Center, Room B
19600 75th Street, Bristol, WI**

Register by Thursday, April 12

- ◆ 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