Powerful Tools for Caregivers

Caregiving is rewarding & challenging

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

Tuesdays, February 18 – March 24 (6 weeks)
10 a.m. – noon
Kenosha County Job Center, Room N2
8600 Sheridan Road, Kenosha, WI

Register by Friday, February 14
♦ 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.”