Powerful Tools for Caregivers

Upcoming Workshop

**Take care of yourself**
*While caring for a loved one*

*Powerful Tools for Caregivers* is a six-week program designed to provide family caregivers with the tools to take care of themselves while caring for a loved one. You will benefit from this class whether helping a parent, partner, spouse, adult child, neighbor, or friend.

**Learn to:**
- Reduce stress
- Boost self-confidence
- Communicate your feelings better
- Increase your ability to make tough decisions
- Deal with guilt, depression, or anger
- Identify helpful resources that support you
- Share ideas and problem solved with other family caregivers

**Tuesdays, Apr 7 - May 19, 2020**
5:30 - 7 p.m.
Allouez Sunrise
279 E St Joseph Street
Green Bay, WI

**Saturdays, Aug 1 - Sep 12, 2020**
10 a.m. - 12:30 p.m.
ADRC
300 S Adams Street
Green Bay, WI

$30 suggested donation
Includes all learning materials

“It is so important as a caregiver not to become so enmeshed in the role that you lose yourself. It’s neither good for you nor your loved one.”
~ Dana Reeve

Registration is required. Space is limited.
Deadline to register is one week prior to start date, or upon filling.
Call ADRC (920) 448-4300 to register or for more details.
Reasonable accommodations for disabilities are available, please request 5 days in advance.