

Powerful Tools for Caregivers

Upcoming Workshop

**Wednesdays,
Sep 14 - Oct 19, 2022
11 a.m. - 12:30 p.m.**
Curative Connections
2900 Curry Ln, Green Bay

\$30 covers all materials
(scholarships are available, please inquire when registering)

*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 solve with other family caregivers

*“Almost everything will work again if you
unplug it for a few minutes, including you.”
~ Anne Lamott*

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.



ADRC, 300 S. Adams Street,
Green Bay, WI (920) 448-4300
adrcofbrowncounty.org
adrcbrowncountywi

