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**Contact:** Lisa Koenen, Powerful Tools for Caregivers Facilitator, 262-605-6646

## **Kenosha County ADRC to offer Tools for Caregivers course online**

Next session of free, six-week course to begin July 16

**Kenosha, WI** — The Kenosha County Aging and Disability Resource Center is now accepting applications for its next Powerful Tools for Caregivers course, to be conducted online.

Powerful Tools for Caregivers is a free, six-week educational series designed by Stanford University, intended to teach skills for how to take care of one's self while caring for a loved one.

"Caregivers are now spending much of their time at home with their loved ones or are unable to visit their loved ones who are quarantined in care facilities and may be feeling a greater amount of stress," said Valeree Lecey, Master Trainer and workshop leader for PTC.

According to Powerful Tools for Caregivers, the program helps family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful resources.

The online sessions will be held from 10 a.m. to noon each Thursday July 16 through Aug. 20.

To participate, caregivers must have internet access and access to a computer, iPad or other tablet. They will receive a brief phone call from the program leader prior to the first session on how to use the Zoom video conference program.

Registration is required by Monday, July 13. To register, call 262-605-6646 or click the red registration button at <http://adrc.kenoshacounty.org>.

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