

# POWERFUL TOOLS for Caregi♥ers

*Caregiving is rewarding & challenging*

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

**Thursdays, September 10 – October 15 (6 weeks)**

**2 to 4 p.m.**

***Now ONLINE!***

You'll need a computer, iPad or tablet, and internet access. We'll contact you before class for a short discussion on how to use the online platform, Zoom.

*Register by Tuesday, September 8*

- ◆ 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](http://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