

POWERFUL TOOLS for Caregi♥ers

Caring for someone? Taking care of yourself is just as important.

Powerful Tools provides support for your caregiving journey

- ◆ Reduce stress and learn to deal with difficult emotions
- ◆ Communicate needs effectively in challenging situations
- ◆ Make tough caregiving decisions

Free
6-week
class!

2023 SCHEDULE

You're there for them. We're here for you.

Thursdays, May 25 - June 29

1 - 3 p.m.

Offered online, via Zoom

RSVP: Monday, May 22

Tuesdays, August 1 - September 5

2 - 4 p.m.

8600 Sheridan Rd., Room N2, Entrance A

RSVP: Thursday, July 27

Wednesdays, October 25 - November 29

4 - 6 p.m.

Virtual/online

RSVP: Friday, October 20

Registration required:

Call the ADRC 262-605-6646 OR visit adrc.kenoshacounty.org
(look for the red registration button)



SCAN ME!



*"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