

# POWERFUL TOOLS for Caregi♥ers

*Caregiving is rewarding & challenging*

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

**Wednesdays, October 14 to November 18 (6 weeks)**

**5:30 to 7:30 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.

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

*Register by Friday, October 9*

**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)



*"The online experience was flexible and convenient. We would highly recommend this course to anyone who is providing caregiving or who wants to prepare for the future."*

**ADRC**  
Kenosha County  
Aging & Disability Resource Center