

# POWERFUL TOOLS for Caregi♥ers

*Caregiving is rewarding & challenging*

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

**Thursdays, February 21 – March 28 (6 weeks)**

**10 a.m. – noon**

**Kenosha County Job Center, Room N2**

**8600 Sheridan Road, Kenosha, WI**

*Register by Monday, February 18*

- ◆ 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