

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 to October 15 (6 weeks)

2 to 4 p.m.

**Archwood Senior Living
25025 75th St., Salem, WI**

Register by Monday, September 7

- ◆ 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
(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