



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources

Balance your Life

Take Care of Yourself



# Powerful Tools FOR Caregivers

**Powerful Tools for Caregivers** is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources

Class meets for 90 minutes once a week for 6 weeks

**Dates: Wednesdays, September 18 through October 23, 2024**

**Time: 6:00pm-7:30pm**

**Location: Virtually on Microsoft Teams**

**Cost: Workshop is FREE!**

Suggested donation of \$20 for *The Caregiver Helpbook*

**Space is limited!**

**Register by calling**

**ADRC of Rock County 1-855-741-3600,  
ADRC of Eau Claire County 1-888-338-4636**

or

**ADRC of La Crosse County 1-800-500-3910**

**Questions:**

**Karen, Rock County Dementia Care Specialist, at**

[Karen.Tennyson@co.rock.wi.us](mailto:Karen.Tennyson@co.rock.wi.us),

**Barb, Eau Claire County Options Counselor, at**

[Barbara.mcrae@eauclairecounty.gov](mailto:Barbara.mcrae@eauclairecounty.gov),

Or

**Kristine, La Crosse County Caregiver Support Specialist, at**

[Kmeyer@lacrossecounty.org](mailto:Kmeyer@lacrossecounty.org)