



2019 Workshop:

Tues, Apr 2 - May 7, 2019

12:30 - 2:30 p.m.

ASPIRO

1673 Dousman St, Green Bay

\$20 suggested donation
(Includes all learning materials)

Limited to 15 participants.
Registration closes 3/27 or upon filling.



Take Care of Yourself

While caring for an adult with special needs

Powerful Tools
Caregivers

teaches strategies for taking better care of yourself while you are caring for an adult (17+ years old) with special health or behavior needs. This six week long workshop will help you:

- Reduce stress
- Improve self-confidence
- Communicate feelings better
- Increase their ability to make tough decisions
- Deal with anger, guilt, & depression
- Locate helpful resources

Class meets for 2 hours once a week, for 6 weeks.

We never stop being parents. Like parenting, caregiving is easier when you're better prepared to face the challenges that arise.

wiha
Wisconsin Institute
for Healthy Aging

Space is limited. To register, call ADRC (920) 448-4300.

To check availability, for questions, or if you need respite care for a loved one so you can attend, call ADRC (920) 448-4300.

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Reasonable accommodations for disabilities are available. Please contact ADRC at least 5 business days in advance.

Registration Form—Call the ADRC at **(920) 448-4300** to ensure the workshop of your choice still has openings before registering, for class questions, if you need respite care for a loved one so you can attend, or to register by phone with credit card payment. Payment due with registration by check, cash or credit card. Registration deadline is the Friday prior to start date or upon filling. No refunds after first day of class. If registering and paying by mail, make check payable to ADRC and mail payment with this registration form to: ADRC, 300 S Adams Street, Green Bay WI 54301. Please note in the check memo section “Powerful Tools” and the class start date.

Name: _____ Birthdate: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Workshop Name: _____ Dates: _____

Amount Enclosed: _____

Where did you receive this flyer: _____

For questions or class availability, please call the ADRC at **(920) 448-4300.**