

Powerful Tools FOR Caregivers



Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

UPCOMING CLASS!

TUESDAYS in June and July
June 7 - July 12

1:00pm - 2:30pm
Community Connections Center
1407 St. Andrew St., La Crosse



In the class, caregivers receive The Caregiver Helpbook, which follows the curriculum and provides additional tools to address specific caregiver issues.

"After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me...and a healthier 'us!'"
- PTC Class Participant

The classes give caregivers the tools to help:

- ✓ Better communicate your feelings
- ✓ Locate helpful resources
- ✓ Manage time, set goals & solve problems
- ✓ Make tough decisions
- ✓ Reduce stress
- ✓ Improve self-confidence

Secure your seat and register
by May 31, 2022!

Contact Us

Aging and Disability Resource Center of La Crosse County
608-785-5700