

# 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