

# Powerful Tools for Caregivers

## Upcoming Workshops

**Saturdays,  
March 1 - April 5, 2025  
9 - 10:30 a.m.**

In person at ADRC  
300 S Adams St, Green Bay  
*\*April 12 designated as snow  
day, if needed\**

**Wednesdays,  
June 18 - July 23, 2025  
9 - 10:30 a.m.**

In person at ADRC  
300 S Adams St, Green Bay

**Thursdays,  
Sept 25 - Oct 30, 2025  
5:30 - 7 p.m.**

Virtual  
Microsoft Teams Meeting

**\$35 Suggested Donation**  
(scholarships are available, please  
inquire when registering)

*Take care of yourself  
While caring for a loved one*

Powerful Tools  
**FOR Caregivers**

is a six week program designed to provide family caregivers with the tools to take care of themselves while caring for a loved one. You will benefit from this class whether helping a parent, partner, spouse, adult child, neighbor, or friend.

### Learn to:

- Reduce stress
- Boost self-confidence
- Communicate your feelings better
- Increase your ability to make tough decisions
- Deal with guilt, depression, or anger
- Identify helpful resources that support you
- Share ideas and problem solve with other family caregivers

*“Almost everything will work again if you  
unplug it for a few minutes, including you.”  
~ Anne Lamott*


**Registration is required. Space is limited.**

Deadline to register is one week prior to start date, or upon filling.  
Call ADRC (920) 448-4300 to register or for more details.

Reasonable accommodations for disabilities are available, please request 5 days in advance.

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**ADRC**  
Aging and Disability Resource Center  
of Brown County

**ADRC, 300 S. Adams Street,  
Green Bay, WI (920) 448-4300**  
 **adrcofbrowncounty.org**  
**adrcbrowncountywi**

# What past participants had to say

"You're helping us learn how to do what we do better and smarter for others certainly, but also for ourselves."

~ 2023 Green Bay Class Participant

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"I found the suggestions and techniques are helping me. Thank you for teaching the class. I also enjoyed the ideas others shared with us. The class was not a pity-party but a way to encourage each other."

~ 2023 Green Bay Class Participant

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"I admit I was a bit skeptical at first, whether this would be a helpful tool for me and my husband. But within minutes of the first session, I felt this was indeed possible! I have a problem of 'opening up' to tell how I actually feel. But you made it so comfortable and sincere, and at just those 'right times' even put a smile on my face and hope in my heart! Thank you from BOTH my husband and myself!"

~ 2019 Green Bay Class Participant

"My caregiving now feels SUSTAINABLE - If I need to do this for ten or more years, I feel like I can! Please keep offering this class!"

~ 2023 Green Bay Class Participant

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"Through the Powerful Tools course, I was able to address my own emotions, frustrations and develop new or familiar helpful skills."

~ 2023 Green Bay Class Participant

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"The things that would have annoyed me or made me angry, prior to taking this class, don't bother me as much anymore. I've learned to shift my focus to the things that REALLY matter."

~ 2021 Green Bay Class Participant