

Powerful Tools for Caregivers

Upcoming Workshops

**Saturdays,
Feb 11 - Mar 25, 2023*
10 - 11:30 a.m.**

In person at ADRC
300 S Adams St, Green Bay

**Extra week scheduled in case of inclement weather. Class will end on 3/18/23 if no cancellations.*

**Thursdays,
Mar 16 - Apr 20, 2023
5:30 - 7 p.m.**

In person at ADRC
300 S Adams St, Green Bay

\$30 covers all materials
(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 & Disability Resource Center
of Brown County

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



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