



Powerful Tools FOR Caregivers

Caregiving is rewarding. But it can be challenging too.

Whether you provide care for a spouse, partner, parent, friend; at home or in a care facility, whether down the block or miles away, yours is an important role.

But taking care of yourself is important also. Powerful Tools for Caregivers is an educational workshop designed to help caregivers take care of themselves while caring for someone else. By taking care of your own health and well-being, you become a better caregiver.

The classes give caregivers tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate feelings
- Increase ability to make tough decisions
- Locate helpful resources

WHEN: Thursdays
April 18th - May 23rd, 2024

WHERE: **Lake Street United
Methodist Church**
337 Lake Street
Room 202
Eau Claire WI 54703

TIME: 2:30 - 4:00 pm

COST: **FREE**

Registration required:

Class size is limited to 12 participants and registration is required. Register by contacting the Aging & Disability Resource Center at 715-839-4735 or online at www.adrcevents.org.