

Powerful Tools FOR Caregivers



Extension
UNIVERSITY OF WISCONSIN-MADISON



Aging & Disability Resource Center
of Northwest Wisconsin

Join us and refuel!

Powerful Tools for Caregivers is a 6 week workshop focused on the wellbeing of the family caregiver—individuals caring for an aging, ill, or disabled loved one. Learn tools to reduce stress, guilt, anger and depression and to help with time management, goal setting, problem solving and communicating in difficult situations.



Mondays, 3-5pm

Feb. 22nd-March 29th, 2020

Suggested Donation: \$10

This workshop will be offered online using Zoom—learn from the comfort of your own home!

Registration: Register by February 15th by calling Carrie at the ADRC to register at 877-485-2372. Participants need access to internet and a computer, tablet or smartphone.

You can't pour from an empty cup.