



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources

Balance your Life

Take Care of Yourself



Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources

Class meets for 90 minutes once a week for 6 weeks

Dates: Wednesdays, September 18 through October 23, 2024

Time: 6:00pm-7:30pm

Location: Virtually on Microsoft Teams

Cost: Workshop is FREE!

Suggested donation of \$20 for *The Caregiver Helpbook*

Space is limited!

Register by calling

**ADRC of Rock County 1-855-741-3600,
ADRC of Eau Claire County 1-888-338-4636**

or

ADRC of La Crosse County 1-800-500-3910

Questions:

Karen, Rock County Dementia Care Specialist, at

Karen.Tennyson@co.rock.wi.us,

Barb, Eau Claire County Options Counselor, at

Barbara.mcrae@eau Claire County.gov,

Or

Kristine, La Crosse County Caregiver Support Specialist, at

Kmeyer@lacrossecounty.org