

## Powerful Tools for Caregivers Class Starting at ADRC

Written by Brown County

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***Powerful Tools for Caregivers is an educational program to help family caregivers take care of themselves while caring for a relative or friend. Next class starts Tuesday, March 14.***

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GREEN BAY - Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease, stroke, physical or intellectual disabilities can be physically, emotionally and financially exhausting! Connect with Resources - Balance your Life - Take Care of Yourself!

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, adult child, sibling, or friend. Participants will learn to: Reduce stress, Improve self-confidence, Communicate feelings better and so much more. Class meets for 2.5 hours once a week, for 6 weeks.

Next class starts Tuesday, March 14 and runs until April 18th from 2-4:30pm p.m. @ the ADRC 300 S. Adams Street.

Cost is \$20 (Suggested Donation) and includes all learning materials. Call the ADRC of Brown County at (920) 448-4300 if you have questions, need help with transportation, or need respite care for your loved one so you can attend. The ADRC may be able to help reimburse the cost of respite care.