

# Powerful Tools FOR Caregivers

**Powerful Tools for Caregivers class will be offered virtually (Zoom meetings) or in-person at the Oconto Falls ADRC. The Wolf River Region ADRC and Marinette County ADRC Dementia Care Specialists will co-lead the sessions:**

**Tuesdays, May 18-June 29 (no class on June 8), from 12-1:30 PM**

Contact Mary Jo Ruleau at the Wolf River Region ADRC to enroll or with questions @ [maryjo@adrcwolfriver.org](mailto:maryjo@adrcwolfriver.org) 715-526-4712 or Allyson Jones at the Marinette County ADRC @ [Allyson.Jones@marinettecounty.com](mailto:Allyson.Jones@marinettecounty.com) or 715-732-3850

**Powerful Tools for Caregivers** classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

***The classes give you tools to help:***

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources



This six-week class series gives you the confidence and support to better care for your loved one and yourself.

In the class, caregivers receive *The Caregiver Help book*, a \$30 value, which follows the curriculum and provides additional tools to address specific caregiver issues.

*"After taking this class I am a more confident caregiver!  
Having tools to resolve problems is a definite advantage in becoming  
a better caregiver and a happier, wiser, healthier me...and a healthier 'us'!"*

- PTC Class Participant

