



Powerful Tools for Caregivers

Upcoming Workshop

Join us on

Wednesdays

Oct. 6 - Nov. 10 2021

from

1:00 p.m.-2:30 p.m.

at

Outagamie County ADRC

320 S. Walnut Street

Appleton, WI 54911

***If you are in need of Respite for
your loved one during the duration
of the workshop, please contact
Carrie Esselman to see what
options are available.**

Take care of yourself

While caring for a loved one



is a six week program designed to provide family caregivers with the tools to take care of themselves while caring for a loved one. You will benefit from this class whether helping a parent, partner, spouse, adult child, neighbor, or friend.

Learn to:

- Reduce stress
- Boost self-confidence
- Communicate your feelings better
- Increase your ability to make tough decisions
- Deal with guilt, depression, or anger
- Identify helpful resources that support you
- Share ideas and problem solve with other family caregivers

"I don't think of myself as a caregiver. I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that."

Registration is required. Space is limited

Deadline to register is *September 20, 2021*, or upon filling.

Call Carrie at 920-832-5178 to register or for more details.