



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

Sponsored by:



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, adult child, sibling, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Communicate feelings better
- Increase their ability to make tough decisions
- Deal with anger, guilt, & depression
- Locate helpful resources

Class meets for 2.5 hours once a week, for 6 weeks.

Upcoming Workshop Date & Location:

Dates: Wednesday,
August 23- September 27th

Time: 10am-12:30pm

Location: Curative Connections (Room 214A)
2900 Curry Ln, Green Bay, WI 54311

Cost: \$20 Suggested Donation
(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.

*Reasonable accommodations will be made for disabilities.
Please contact the ADRC at least 5 days before the workshop starts.
No refunds after first day of class.*