

Powerful Tools for Caregivers

**Workshop for family and informal caregivers of adults **

Powerful Tools for Caregivers is a six session program to help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, or neighbor, whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

The sessions give caregivers 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

Powerful Tools In-Person Program

Each Wednesday from September 25th through October 30, 2024

5:30pm-7:00pm

**Sixteenth Street Community Health Center Chavez Clinic
1032 S. Cesar Chavez Dr.
Milwaukee, WI**

Respite options may be available upon request

**Registration required. For more information or to register:
(414) 514-4787 or caregiversupport@milwaukeecountywi.gov**

Powerful Tools for Caregivers is owned and managed by Iowa State University of Science and Technology.



MILWAUKEE COUNTY
DEPARTMENT OF HEALTH
& HUMAN SERVICES
**AGING & DISABILITIES
SERVICES**

Powerful Tools
FOR Caregivers