

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 Virtual Program

Each Tuesday from July 15th through August 19th, 2025

4:30 pm — 6:00 pm

Class will be hosted on Microsoft Teams platform.

Respite options may be available upon request

**Registration required. For more information or to register:
(414) 309-7179 or caregiversupport@milwaukeecountywi.gov**

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

