



Are You Caring For A Loved One? You are not alone!

We know that caring for others is not only rewarding but at times is stressful.

Join us for:

Taking Care of You: Powerful Tools for Caregiving



*Developed by the Wisconsin Alliance for
Family Caregivers with the focus on YOU - the caregiver.*

The program is a 6-week course designed to teach you, the Caregiver, how to care for yourself while caring for another.

Topics we will cover include:

- ✓ **Taking care of YOU**
- ✓ **Identifying and Reducing Personal Stress**
- ✓ **Communicating Feelings, Needs and Concerns**
- ✓ **Communicating in Challenging Situations**
- ✓ **Learning from our Emotions**
- ✓ **Mastering Caregiving Decisions**

This class is open to anyone ***caring for a spouse, family member, or friend who is age 60 or older OR who is age 18 or older and has a disability.***

**** The ADRC may be able to help pay for Respite Care to attend class. Please ask. ****

Where: Aging & Disability Resource Center (ADRC)
300 S. Adams St.
Green Bay

Dates: Tuesdays
April 17- May 22, 2012
(1:00 – 3:30 PM)

When: Tuesdays, 1:00 to 3:30 p.m.

Cost: Suggested donation of \$10

For more information and to register for the class call: ADRC of Brown County at
(920) 448-4300 and ask for Information & Assistance.

Reasonable accommodations will be made for disabilities. If you require such an accommodation, please contact the ADRC at least 5 business days in advance.

Deadline for registration is Thursday, April 12, 2012