



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources

Balance your Life

Take Care of Yourself



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, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources.

Class meets for 90 minutes once a week for 6 weeks

Dates: Monday's, June 4 – July 9, 2018

Time: 10:00 am – 11:30 am

Location: ADRC of Marquette County
428 Underwood Ave., Room #151
Montello

Cost: Workshop is FREE!
\$20 for Caregiver Help book

Space is limited!
Call the ADRC to register!
1-855-440-2372

In home respite available. Inquire upon registration.