



I don't think of myself as a caregiver.

I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that.

There's a Powerful Tools for Caregivers workshop starting soon near you!

Join us for a Free 6-Week Virtual Program

Dates: Tuesdays **March 15, 22, 29**
April 5, 12, 19

Time: 11:30-1:00 p.m.

Cost: FREE and respite care available

Registration:

Call Martha Loew 414.479.8800 x1947
or 800.272.3900

Zoom link provided after registration
(No computer? No problem. Limited number of iPads available for use during program. Ask when you register!)

Open to Milwaukee County Residents

Caregiving is rewarding.

But it can be challenging too.

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can show you the way!

What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources

