

*"I gave myself to caring for my mother and lost myself in the process."
Sheboygan Family Caregiver*

Can you relate to any or even all of the following?

Tired, Overwhelmed, Feeling Isolated and Alone, Depressed, even Angry.....

Powerful Tools for Caregivers

*A dynamic six-week educational program
for Family Caregivers*

Countryside Manor-West

4228 Kadlec Drive, Sheboygan, WI 53081

Thursdays from 5:00 PM-7:30 PM on

September 13, 20, October 4, 11, 18, & 25, 2012

Hot Meal provided at each workshop

Compliments of Countryside Manor

This training provides powerful, necessary education and support to those attending by caring, trained, professionals. Jane Jensen, UW-Extension Sheboygan County/Family Living and Kathleen Manny, Aging & Disability Resource Center in Sheboygan County will co-facilitate this workshop. Education Topics and Experiential Learning include: Self Care, Personal Stress Reduction, Healthy Communication Skills, Emotional Wellness, Problem Solving, Relaxation Techniques, Managing Caregiver Decisions, and much more.

Call Today to secure your place in Powerful Tools for Caregivers Training!

To register: Call (920) 467-4100 and mail check for \$25.00 payable to: **Sheboygan County Aging & Disability Resource Center, 650 Forest Ave, Sheboygan Falls, WI 53085.** Check covers cost of materials. Call to request Respite for care recipient during the workshop.

Name: _____ Phone: _____

Address: _____

(Registration limited.)



Powerful Tools for Caregivers is sponsored by
Sheboygan County Aging & Disability Resource Center,
UW-Extension Sheboygan County/Family Living and Countryside Manor.



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