

**To best care for others,
you need to care for
yourself first!
Comments from class
participants:**

“About the time the class began, I was about at my wits end. The communication tools will work toward maintaining a better atmosphere and contribute to improved attitudes for both of us... it will never be easy, but it is easier than it was 6 weeks ago!”



After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, and healthier me... and a healthier us!”

*Powerful Tools for Caregivers
Oshkosh Seniors Center
200 North Campbell Road
Oshkosh, WI 54902*

Powerful Tools
FOR Caregivers

*This workshop is brought to you through **Winnebago County Evidenced-Based Program Coalition** represented by Oshkosh Seniors Center, UW-Extension, Winnebago County, ADRC of Winnebago County, Winnebago County Health Department, Rehab Arises, Menasha Health Department, Aurora, A Place for Mom, ThedaCare, ADVOCAP, & Network Health*

Powerful Tools
FOR Caregivers

A Class for Family Caregivers.

The Powerful Tools for Caregivers program will provide you with tools and strategies to better handle the unique caregiver challenges you face.

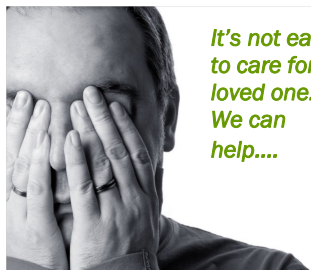


To Register:

Call Oshkosh Seniors Center 920-232-5300
or mail registration form
or register online at
<http://schedulesplus.com/oshkosh/kiosk>

*How to take care
of YOU while
caring for another...*

Caring for others is very rewarding, but can also be very stressful.



*It's not easy
to care for a
loved one.
We can
help....*

Powerful Tools for Caregivers will help you to:

- Reduce stress
- Improve self-confidence
- Balance your life
- Better communicate your feelings
- Increase ability to make tough decisions
- Locate helpful resources
- Take care of YOU

The Powerful Tools for Caregivers program is an evidence-based education program offering a unique combination of elements. The scripted curriculum and the intricately detailed training material have guaranteed its consistency and quality. Class leaders are trained PTC facilitators.



Powerful Tools FOR Caregivers

Date: Wednesdays - Sept 21, 28 &
October 5, 12, 19 & 26

Time: 1:00 pm - 3:00 pm

Location: Oshkosh Seniors Center
200 North Campbell Road
Oshkosh, WI 54902

Cost: \$25.00* per person-
Includes Book



Make checks payable to:
Friends of the Oshkosh Seniors Center
(FOSC)

*Scholarships are available

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For additional information please call:
Chris Kniep 920-232-1973 or
Jane Wells 920-232-5303

Powerful Tools for Caregivers is a program you can count on to make a positive difference in your life.



Registration Form

Taking Care of You:

Powerful Tools for Caregivers

Please Print:

Name _____

Address _____

Phone _____

Email _____

Who are you caring for (relationship)?

Class fee of \$25.00 due at time of registration

Detach and send to:

Oshkosh Seniors Center
200 North Campbell Road
Oshkosh, WI 54902

Make checks payable to: FOSC