



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 per week, for six weeks.

Cost: \$10 per person

(Includes a copy of "The Caregiver Helpbook")

To receive information about upcoming classes, please contact:

Amy Brezinka at 608-785-3460

abrezinka@lacrossecounty.org

Respite Care: If you need someone to be with the person you care for while you attend the sessions, please contact Amy Brezinka to make arrangements.