



“No more searching for information. This workshop provided the kind of practical solutions and the understanding I needed at the time when I was really at the end of my rope.”

Free child care available. Please request child care when you register.

Powerful Tools for Caregivers is being offered by Jackson County UW-Extension, in partnership with Boys & Girls Club – Lunda Center, Interfaith Volunteer Caregivers, and Lunda Community Center.

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers of Children with Special Needs is a 6-week educational program designed to help parents of children – of any age – who have special health or behavior needs.

This workshop helps you:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage your time, set goals, and solve problems
- Master caregiving transitions and make tough decisions
- Communicate effectively with the child needing care, family members, doctors, and paid helpers
- Develop greater self-efficacy (confidence in one’s ability to accomplish something)
- Develop awareness of and use community resources

Class meets for 2 HOURS once per week for 6 weeks.

Dates: Thursdays, April 20-May 25

Time: 10:00AM-12:30PM

(15 minutes at the beginning and end for visiting and networking)

Location: Boys & Girls Club-Lunda Center

Cost: FREE

To register, call Interfaith Volunteer Caregivers at 715-284-7058

Space is limited; register before April 14!

The University of Wisconsin-Extension provides affirmative action and equal opportunity in education, programming and employment for all qualified persons regardless of race, color, gender, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental, arrest or conviction record or veteran status.

La Universidad de Wisconsin-Extensión proporciona acción afirmativa e igualdad de oportunidades en educación, programas y empleo para todas las personas calificadas, sin tener en cuenta raza, color, género, credo, discapacidad, religión, nacionalidad de origen, ascendencia, edad, orientación sexual, gravidez o paternidad, historial de detención o condena, o estado de veterano de guerra.