

# Powerful Tools FOR Caregivers

**A FREE 6 WEEK EVIDENCE-BASED WORKSHOP  
THAT CAN HELP CAREGIVERS:**



- Reduce stress
- Improve self-confidence
- Set goals and problem solve
- Make tough decisions
- Communicate effectively with family, doctors, and paid caregivers

6 week class held every Monday  
November 11th – December 16th



12:30 – 2:00 pm



Fox Valley Tech Riverside Campus  
150 N Campbell Rd, Oshkosh  
Room 162

Respite is  
available!



For Registration and Questions: Alisa Richetti | 920.236.1227  
arichetti@winnebagoctywi.gov