

# Powerful Tools FOR Caregivers



Extension  
UNIVERSITY OF WISCONSIN-MADISON

## A Free 6 Week Workshop for Caregivers of Children with Disabilities

- Learn strategies to reduce stress
- Build confidence in your decisions
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources

**Scan To Register or Visit**

<https://go.wisc.edu/pn13i9>



Please email Alicia  
[alicia.utkebecher@wisc.edu](mailto:alicia.utkebecher@wisc.edu)  
Waupaca County Extension  
call 715-258-6225  
or email Renee  
[renee.koenig@wisc.edu](mailto:renee.koenig@wisc.edu)  
Kewaunee County Extension  
call 920-388-7137

**Fridays**  
**October 10th-**  
**November 14th, 2025**

6 weeks of sessions  
9am-11am  
*Free*  
Virtual on Zoom